

Community Culture Action Area

DRAFT Recreation Background Paper

Introduction

The recreation background paper is a part of *We Love Lake Oswego: Planning for People, Places and Prosperity*, a multi-year effort to guide the physical, economic, social, cultural and environmental development of Lake Oswego over the next 20 years. The Recreation component of Community Culture focuses on City park facilities and programs (Goal 8) and also addresses the Willamette River Greenway (Goal 15) and Oswego Lake (Goal 5, Section 7).

This document provides a basic framework for understanding recreation in the City of Lake Oswego. It outlines the City's existing goals for recreation, policy questions and potential changes for consideration during the Comprehensive Plan update process. It describes the history and of Lake Oswego's recreation program and existing facilities and programs. Finally, the paper looks at trends in recreation and what the City can do to enhance existing programs and facilities.

Goals

Existing Comprehensive Plan

Most existing recreation policies are contained in Goal 8, but additional policies that address recreation are also found in Goal 15 and Goal 5, Section 7.

1. **Goal 8: Parks & Recreation:** The City shall plan, acquire, develop and maintain a system of park, open space and recreation facilities, both active and passive, that is attractive, safe, functional, available to all segments of the population and serves diverse current and long-range community needs.
2. **Goal 15: Willamette River Greenway:** The City shall protect, conserve, enhance and maintain the natural, scenic, historic, economic, and recreational qualities of the Willamette River Greenway.
3. **Goal 5 (Open Spaces, Historic & Natural Areas), Section 7 – Oswego Lake:** The City shall protect the natural resource, energy, aesthetic and recreation values of Oswego Lake.

Parks Plan 2025

Through the Parks Plan 2025 process, the Parks & Recreation Department has identified three goal areas for discussion. A fourth goal related to environmental stewardship will be discussed as part of the Healthy Ecosystems Action Area. The three goal areas that pertain to parks and recreation are:

Goal 1. Filling Geographic Gaps. Ensure that all residents have access to essential recreation services.

Goal 2. Investing in Existing Parks and Facilities. Renovate existing parks and stabilize natural areas to support existing city assets.

Goal 3. Providing Recreation Options. Create unique and diverse programs, recreation facilities and parks that reflect and enhance the character of Lake Oswego.

Policy Questions to Consider

Policy Questions

1. Residents have identified that the City should ensure that all residents have access to essential recreation services which includes Exercise and Sports, Play for Children, and Nature Experiences. This is currently not available equally throughout the city, and would be difficult to provide in certain areas. To fill geographic gaps and provide equitable access to these experiences, recreation facilities, such as traditional playgrounds, nature play areas, sports fields, sports courts, trails, and opportunities to enjoy nature will need to be renovated or new ones will need to be developed.
 - How much and under what circumstances should the City invest in providing new parks and recreation opportunities in these underserved areas?
 - Should the City provide public places if private recreation facilities are available?
2. The community said that renovating existing parks to maximize City investment in existing facilities is the highest priority.
 - Is it more important to care for existing assets that may serve fewer people or to provide new ones that will provide more equity?
 - At what point should the City not invest in facilities that provide limited service?

Planning for People, Places and Prosperity

As the City develops key elements of the Comprehensive Plan update, sustainability – defined for Lake Oswego as meeting the vital human needs of the present without compromising our ability to meet future needs – is an important consideration. Strategic questions will aid in the decision-making framework moving forward. Planning in a sustainable way means looking at the community as an interrelated system that includes places around us (the natural and built environment), people (that live and work here), and prosperity (of the local economy) that supports society's needs. Strong parks and recreation programs support a sustainable Lake Oswego in the following ways:

- **People:** Recreation of all kinds is crucial to the physical and psychological health of Lake Oswegans. Providing a great diversity of outdoor recreation opportunities in the City connects people with the outdoors in a variety of settings.
- **Places:** Our parks and open spaces offer places and programs for physical activity, community interaction, public events, and life-long learning. The beauty of parks provides Lake Oswegans a sense of pride in their community.
- **Prosperity:** Lake Oswego's parks are an important reason why the city is widely recognized as a desirable place to raise a family. Parks provide aesthetic and recreation benefits. They may enhance property values, increase municipal revenue, and attract people of all ages.

Background

Today, the City owns more than 600 acres of land included in the park system. Most of the City's property holdings are managed within the Parks and Recreation Department. The Department also provides a variety of recreation programs for all ages. In Fiscal Year 2009-

2010, 54,751 youth and adults participated in the City's recreation programs in the following areas:

- **Adult Community Center (ACC):** Offers programs in personal independence, healthy lifestyles and social interaction.
- **Sports and Fitness:** This includes fitness classes, team sports leagues, and sports events.
- **Indoor Tennis Center:** A self-sustaining enterprise, the Tennis Center provides lessons, leagues, events, and court time.
- **Golf Course:** The 18-hole course and practice range provides lessons, tournaments and events, and serves community organized club groups.
- **Cultural and Specialized Activities:** This program area includes youth cultural programs, summer/vacation camps, adult cultural programs, classes at Luscher Farm, and outdoor recreation programs.
- **Special Events:** Year-round events programming includes the Farmers Market, concerts, movies in the park and more.

The Lake Oswego Parks & Recreation Department is currently undergoing the development of a Parks, Recreation and Natural Areas System Plan (Parks Plan 2025), which will guide the services, investments and plans for the City's parks, facilities, recreation programs and natural areas. The Community Needs Assessment conducted for Parks Plan 2025 is the source of much of the information in this report.

Park Planning and Development Since Last Comprehensive Plan Update

The Lake Oswego Comprehensive Plan was first adopted in 1978, and included goals and policies regarding open spaces, parks and recreation. All other City plans related to parks, recreation and natural areas must be consistent with the Comprehensive Plan. The last update of the Comprehensive Plan occurred in between 1989 and 1994. Since that time, the City has undertaken a number of significant park planning and development efforts that will inform this Recreation portion of the current Comprehensive Plan update.

Luscher Farm Master Plan (1997) and Hazelia Field Artificial Turf Field & Dog Park Development

A 1994 *Luscher Farm Opportunities and Constraints Study* recommended the 23-acre farm site be designated as a County Historic Preserve and possibly placed on the National Register of Historic Places. The study added that the remainder of the property be considered for a mix of active and passive recreation and natural resource uses, such as team sports fields, hiking trails, picnicking and astronomy viewing areas. A Master Plan for Luscher Farm was adopted in 1997.

Hazelia Field at Luscher Farm is the City of Lake Oswego's newest community park. The park is the first development on City park property in the area known as the Stafford Basin. Since 1990, the City has acquired more than 125 acres in the Stafford Basin for open space and parks. The City is currently undergoing an update to the Luscher Farm Master Plan with an expanded geographic area as the Luscher Area Master Plan.

Millennium Plaza Park and Sundleaf Plaza Development (1999 and 2011)

Developed by the Lake Oswego Redevelopment Agency and now managed by the Parks and Recreation Department, these two plazas opened in 1999 and 2011 respectively. Millennium Park provides space for Parks programs including the Farmers Market, Friday concerts and many community-wide events. Both parks provide informal gathering places for picnics and viewing Lakewood Bay.

Open Space Plan (2001).

The Open Space Plan was an effort to consolidate the goals and recommendations expressed in previous natural resource planning efforts, make them even more comprehensive and suggest implementation strategies and long-term stewardship policies that are understandable and accessible to all citizens and that will guide the City over the next twenty years.

Recommendations were made for the following:

- Scenic resources: retain and improve scenic sites, viewpoints, long vistas and scenic corridors.
- Water access: enhance physical and visual access to the major water bodies, celebrating the region's history and its place in the larger ecosystem.
- Heritage landscapes: increase stewardship of historic structures, landmarks or unique natural features in sites such as Oswego Lake, Luscher Farm, Cooks Butte and Marylhurst University.
- Natural resources: Carry out Goal 5, by expanding and connecting resources, and categorizing resources based on their sensitivity and capacity for public access and use.
- Green neighborhoods: Create new programs and incentives to encourage private landowners to plant native or near-native trees and landscaping, as well as green boulevards that have enhanced vegetation.
- Regional connections: Create regional connections in the form of greenways and trails, and close gaps in existing corridors.

Parks & Recreation Comprehensive Plan (2002)

This plan is being updated concurrent with the Comprehensive Plan update. The update is the Parks Plan 2025, a parks and recreation system plan.

Tryon Cove Acquisition (2002)

In 2002, the City purchased the Tryon Cove park site in partnership with Metro and the City of Portland. The 6.86-acre property (formerly known as the Jarvis property) is located at the confluence of Tryon Creek and the Willamette River and fills an important natural resource link between Tryon Creek State Park to the north and the Willamette River to the south. Restoration work has been taking place since 2008 to improve fish habitat and passage, and the park may serve as a future connection between the Willamette Greenway path and Tryon Creek State Park.

George Roger's Park Master Plan and Implementation of Phases 1-4 (2002)

The *George Rogers Park Master Plan* outlines a comprehensive vision and long-range, phased implementation plan to enhance existing recreational uses and improve overall park utilization, interpret the park's cultural heritage and natural resources, and resolve identified issues in the

park, including stormwater drainage problems, neighborhood parking conflicts and protection of the Oswego Creek and Willamette River habitat corridors. The Master Plan retains existing uses, making improvements in function and aesthetics with a few significant overall site development changes. In 2010, preservation work was completed on the stone blast furnace in lower George Rogers Park. The Oswego Iron Furnace is listed on the National Register of Historic Places.

Trails and Pathways Master Plan (2003)

The City's Trails and Pathways Master Plan establishes a vision for a city-wide trail system. The Plan includes goals, objectives, recommendations to achieve the vision, and design guidelines for different types of trails and crossings. Since 2003, the City has been working in partnership with Portland Metro to develop a regional trail system through the Intertwine: an ever-growing network of integrated parks, trails and natural areas. Goals of the Trails Master Plan include:

- Developing multi-use trails and pathways that access significant environmental features, public facilities and parks;
- Locating trailheads and related improvements at or in conjunction with park sites, schools and other community facilities; and
- Enabling 75 percent of all residents to reach their desired local destinations by trail.

Foothills Park Development (2006)

Foothills Park was completed in 2006 and became one of the City of Lake Oswego's premier riverfront parks. It is located along the Willamette River, flanked by Portland's Wastewater Treatment Plant and Roehr Park. The property was originally owned by the City of Portland and leased to Georgia Pacific for wood chip loading for many decades. The City of Lake Oswego purchased 5.2 acres and obtained a recreational easement for an additional 3.8 acres in December, 2004. The park's amenities include a large grass amphitheatre, riverfront pathway, picnic pavilion, cantilevered viewing platform over the river, natural areas and wi-fi accessibility. In 2010, Foothills Dock opened, adding docking for 10-15 boats and a new access point to the river.

West End Building Acquisition (2006)

After the City's purchase of the West End Building in 2006, the building became home to the Parks and Recreation Department. Both Department offices and recreational program space are provided. The building contains several meeting and assembly rooms that are utilized for public meetings and community gatherings as well as rooms for indoor recreation programs such as classrooms, a teen center, and a dance studio.

Park Zone Designation (2006)

A new Park and Natural Area zone was created in 2006 and applied to properties designated P (Public), PK (Park), SP (Semi-Public) and OS (Open Space), along with some other uses. It allows outright certain uses that previously had to be processed as conditional uses and establishes a master planning process where PRAB would recommend and Council would adopt master plans to facilitate implementation.

Proposed Lake Oswego Community Center Steering Committee Recommendation Report (2007)

The Report presents recommendations provided by the 20-member citizens' steering committee on a multi-generational community center. Recommendations include program and activity spaces, a plan for special layout, architectural design and preliminary costs for the center. Proposed spaces include community activities, aquatics, indoor recreation and fitness and outdoor recreation and activities.

Cooks Butte Master Plan (2008)

The first management plan for a city natural area park, the Cooks Butte Master Plan describes natural resource issues, goals and actions. Goals include: maintaining a balance of habitat protection and use; improving access and enhancing park experience for users; and organizing a proactive approach to park maintenance based on ecological principles. Trail planning and construction, one of the plan's implementation tasks, will be completed in the Fall of 2011.

Golf-Tennis Feasibility Study (2009)

In 2008, the Lake Oswego City Council directed staff to conduct a long-term feasibility study for the Municipal Golf Course to determine what could be done to improve its profitability and examine the feasibility of co-locating a new Indoor Tennis Center on the site. The study recommends construction of a new 8-10 court indoor tennis center to accommodate current and future demand for indoor tennis; improving marketing; complete basic upgrades to the course; eventually relocate the driving range to Luscher Farm; and subsidize operating deficits from the golf course through the City's General Fund. Many development alternatives were reviewed for the Golf Course site to improve operational revenues. Due to site constraints, a new driving range was recommended off site near Hazelia Field at Luscher Farm.

Willamette River Greenway (Goal 15)

The Willamette River Greenway is a valuable natural asset of the City of Lake Oswego and the State of Oregon. It was established by the 1967 Oregon Legislature as a grant program for land acquisition to State Parks along the Willamette River from Eugene through Portland. The Greenway evolved from a state parks and recreation program in 1970 to a natural corridor program in 1972. Goals for the state program are to protect, conserve, restore, enhance and maintain the ecological, natural, scenic, historical, agricultural, economic, cultural and recreational qualities and resources along the Willamette River.

The City received Land Conservation and Development approval of its Greenway goals and policies and Zoning Code Greenway Management Overlay in 1984. Goal 15 requires localities to adopt Greenway boundaries, specify uses permitted within those boundaries, indicate areas of potential acquisition along the Greenway and adopt provisions, by ordinance, requiring a compatibility review permit for any intensification, change of use or development within the Greenway boundaries. The City's Greenway Management Overlay provides design review procedures for any of these activities in the Greenway.

Another features of Greenway legislation allows the Oregon Department of Transportation and State Parks Division may identify sites appropriate for purchase. Prior to the last

Comprehensive Plan update, the State identified the nine acre Tryon Cove area for future acquisition which has since been acquired.

On the Lake Oswego Comprehensive Plan Map, Greenway boundaries are 150 feet from ordinary low water line, except where they widen to include Roehr Park and George Rogers Park, which are City owned properties. In Lake Oswego, the largest portion of the Greenway contains residential uses. Commercial, recreation and public uses, such as the Tryon Creek Sewage Treatment Plant, are also present.

Beginning in 1993, the City participated in the Willamette River Corridor Coordination Plan to develop a coordinated, regional vision and management plan for the River between the Multnomah/Clackamas County line and the Willamette Falls dam.

Five plans adopted by the Lake Oswego City Council have relevance for planning within the Willamette River Greenway:

Old Town Neighborhood Plan (1998)

Includes a policy that addresses Willamette River Greenway access. It states:

Encourage the use of Furnace and Leonard Streets as pedestrian and bicycle connections to the existing Greenway trail. This policy is not intended to supersede or weaken Goal 15 (Willamette River Greenway) Policy 8 or Goal 15 RAM iii, which call for acquisition and development of continuous public access along the Greenway, including the Greenway area from Roehr Park to George Rogers Park in Old Town. This policy is intended to protect the privacy and security of existing single-family waterfront residences until such time as the Greenway pathway may be acquired through development to higher density/intensity uses, voluntary donation or purchase.

Open Space Master Plan (2001)

This component of the Parks and Recreation Master Plan recommends a view corridor to the Willamette River along A Avenue – connecting the downtown to the Willamette River and Mt. Hood beyond.

Glenmorrie Neighborhood Plan (2002)

Includes a recommended action measure calling for the neighborhood association to:

Work with the City to monitor public uses, including recreation, of Old River Road to ensure early identification and resolution of problems which may occur such as trespass, conflicts between vehicles, pedestrians and bicyclists.

In 2008 the Glenmorrie Neighborhood Association identified this measure as ongoing, and noted that there had been no recent issues.

Trails and Pathways Master Plan (2003)

This Parks and Recreation plan identifies the Willamette Greenway Trail as a Tier I trail (for implementation during 2008-2013). It's also categorized as a Regional Trail. It is part of Metro's

Regional Greenspaces and Trails map and is eligible for regional funding. As such, it is designed to meet numerous guidelines including ADA, AASHTO, MUTCD, ODOT, and designed as a shared use path to serve pedestrians, bicyclists, wheelchair users, skaters and others. A design typology for regional trails is included in the Trails plan (p. 15).

Existing Conditions

The Willamette River Greenway within Lake Oswego is a quiet recreational, natural and residential stretch of the Willamette shoreline. Since 1994 when the Comprehensive Plan was last updated, several changes have occurred to land within the Greenway and within river planning efforts generally. The most significant change within the Greenway is the development of the 9-acre Foothills Park at the site of the former wood chip processing facility along the Willamette River. The park opened in 2006 and now provides river views, a pathway connecting south to Rohr Park, a covered picnic pavilion, sculptures, restrooms, parking and seating.

In 2002, the City purchased the Tryon Cove park site in partnership with Metro and the City of Portland. The 6.86-acre property is located at the confluence of Tryon Creek and the Willamette River and fills an important natural resource link between Tryon Creek State Park to the north and the Willamette River to the south.

Several planning efforts have also identified Tryon Creek's west-east stream alignment as an opportunity to connect existing and proposed public recreational trails within the lower Tryon Creek and Foothills District redevelopment area to the Tryon Creek State Natural Area Park.

The City has made significant progress toward filling the missing links in the Willamette Greenway Trail. The Old River Road pathway was developed, along with a river viewpoint located. Foothills Park further extended the Greenway Trail to the north with a pathway leading from Rohr Park to the northern boundary of Foothills Park.

The Charlie S. Brown Water Sports Center (WSC) is located on the Willamette River at Roehr Park. This facility is owned by the City of Lake Oswego and is operated via a partnership with Lake Oswego Community Rowing, a private, non-profit organization. The 2,636 square foot facility was designed specifically to store rowing shells and to operate a public rowing facility. Lake Oswego Community Rowing offers rowing and sculling classes, and juniors and adults rowing teams and operates year-round between classes, racing and training.

Access to the Willamette River for recreation has improved since the last Comprehensive Plan update. In addition to the Rohr Park WSC dock, new docks have been constructed at the Tryon Cove Park Annex of Stampher Road and at Foothills Park. Formal river access via a staircase and ADA ramp to the Willamette beach was created during a major upgrade to the lower portion of George Rogers Park in 2005, and provides opportunities for swimming and wading. The Tryon Cove Annex dock provides access for hand carried boats from a small park. In 2010 the Foothills Dock opened, providing transient docking for 10-15 boats. The dock was a joint project between the City and State Marine Board.

According to the results of the Parks, Recreation and Natural Areas System Plan online questionnaire, respondents indicated that they would like to spend more time rowing, canoeing, kayaking, and fishing than they currently do. The need for improved indoor facilities to support the Lake Oswego Community Rowing program also was noted during the Parks Plan 2025 community involvement process.

Oswego Lake (Goal 5, Section 7: Oswego Lake)

Oswego Lake is the City's largest natural feature and its geographic center. The main portion of the Lake covers 385 acres, with an additional seven acres in West Bay and 28 acres in Lakewood Bay. The Lake is 3.5 miles long.

There are several City owned parks along Lakewood Bay that offer visual access, but not physical access, to the Lake. Millennium Park and the Headley walkway are located at the south end of 1st Avenue. And a block further south on State Street there is Sundeleaf Plaza, which opened in June of 2011.

The Lake offers shoreline recreation opportunities to specific residents at the Lake Grove Swim Park and the Lake Oswego Swim Park. Oswego Lake is heavily used for water-related recreation by lakeside residents and others with Lake easements recognized by the Corporation. The Lake is also valued by residents for its open space and aesthetic aspects and for its historical and cultural importance. Residents consider the Lake to be a vital part of Lake Oswego's identity, and a natural resource valuable to the community.

Lake Oswego Swim Park

There are two City parks in Lake Oswego that provide water access for swimming and wading, one of which is located on Oswego Lake. Entry is free and available to residents of Lake Oswego. Certified lifeguards are on duty at all times during open hours. The Swim Park features diving platforms, water sprayers, inner tube water polo games, outdoor showers, and lounge chairs.

Lake Grove Swim Park, located on the west end of Oswego Lake, is operated by the Lake Oswego School District. The park property was originally granted via a restrictive deed from the Oregon Iron & Steel Company to the former Lake Grove School District, which merged with the former Oswego School District in 1953 to form LOSD. Under the terms of the original deed, use of the park is restricted to residents within the boundaries of the former Lake Grove School District, who pay an additional property tax to support the swim park.

Oswego Lake has many community uses and values, including, single family residences, water recreation, aesthetic values and scenic views, social values.

Trends in Parks and Recreation

Across the country, parks and recreation programs are reinventing their programs and service delivery to meet the demands of the 21st Century American lifestyle. These changing trends affect needs for recreation programs and other opportunities. To forecast recreation needs, this section discusses a few of the trends that are anticipated to affect program demand in Lake Oswego.

Local Trends

Key findings from the community involvement process, conducted as part of the Parks Plan 2025 planning process, highlight a number of local trends in recreation. Summarized in the *Public Input Summary Report, January 2011* (available under separate cover), these findings support the following local trends:

Benefits of Parks

As indicated by the findings of the community questionnaire and public involvement process, the park and recreation system plays an important role in enhancing our quality of life. The top benefits provided by the parks, recreation and natural area system include:

- Protecting important places (habitats, historic sites, etc.);
- Enhancing health and well-being; and
- Bringing neighbors and people together.

In general, people derive great satisfaction with the quality and variety of recreation opportunities offered by Lake Oswego Parks and Recreation.

Demand for Major Facilities

According to public involvement findings, the greatest needs in Lake Oswego are for innovative, state-of-the-art recreation facilities. These include major indoor facilities, such a multi-purpose, multi-generational community and recreation center, an aquatic center, and an improved facility for senior and older adults. Many people noted that inadequate facilities prevented their participation in Parks and Recreation Department programs and activities.

Recreation Participation

According to questionnaire results, recreation participation is strong in Lake Oswego. Residents participate most frequently in self-directed, unprogrammed recreation activities. The top 12 recreation activities in Lake Oswego are noted below based on how frequently people participate in these activities.

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|--------------------------|-------------------------|
| 1. Walking for exercise | 7. Tennis |
| 2. Walking for pleasure | 8. Bicycling |
| 3. Dog walking/dog parks | 9. Volunteer activities |
| 4. Gardening | 10. Swimming |
| 5. Jogging/running | 11. Golf |
| 6. Nature walks | 12. Yoga/Pilates |

As indicated in the list, the responses reflect a desire for activities that support exercise and fitness, experiences in nature, and to a lesser extent, specialized recreation opportunities.

Trail Use

As noted in the online questionnaire, six of the 12 activities with the highest participation levels could be supported by trails: walking for exercise, walking for pleasure, dog-walking, jogging/running, nature walks and bicycling. State and national recreation trends also support the high interest and demand in trail-related recreation opportunities.

The development of hard and soft-surfaced trails would support trail demand and use. A variety of trail types should be considered, including multi-purpose, hiking, nature, mountain biking, non-motorized (active) transportation pathways and trails.

Desire for Special Events

The online questionnaire noted activities with the greatest unmet demand—the difference between current levels of participation and desired participation if time, facilities, and resources were available. Two of the activities with the highest latent demand reflect the community's desire to attend more special events: concerts, festival and special events (20) and arts/culture (8). The higher the score, the greater the unmet demand.

The development of indoor and outdoor event venues and programs, such as community fairs, concerts in the park, movies in the park, etc. can help respond to this trend.

Desire for Nature-based Activities

The online questionnaire noted activities with the greatest unmet demand—the difference between current levels of participation and desired participation if time, facilities, and resources were available. Three of the activities with the highest latent demand reflect the community's desire to participate in outdoor activities: rowing, canoeing, and kayaking (9); fishing (9); and swimming (7). The higher the score, the greater the unmet demand.

The Parks and Recreation Department can address this trend by integrating nature-based facilities (trails, boat ramps, non-motorized boat launches, fishing platforms and piers, swimming areas and water play areas, and trails) in parks where appropriate.

Desire for Recreation Programs

According to the results of the online questionnaire, fitness and environmental programs are extremely important. Aquatic programs/swimming (26%); adult sports (23%); youth sports (20%); fitness (19%); and environmental programs (18%) were the programs that respondents thought were most needed or should be expanded.

In addition to these, one of the activities with the highest latent demand (where respondents would participate more frequently if they could) reflects the community's desire to participate in lifelong learning opportunities: education/special interest classes (10).

The development of new indoor facilities for fitness and programming is needed to respond to this trend. In addition, Parks and Recreation Department can look for opportunities to integrate facilities to support nature interpretation and environmental education in its natural areas and hybrid parks.

Stewardship and Sustainability

According to on-line questionnaire respondents, two of the top priorities for improving parks, recreation and natural areas in Lake Oswego are: repair and maintain existing parks and facilities (40%) and restore or protect creeks, forests and hillsides (23%). As in many other localities, there is a tremendous interest in protecting, conserving and maintaining current

assets for future generations. These include our natural resources, recreation facilities, or community/historical amenities and facilities.

The Parks and Recreation Department can respond to this trend by pursuing new strategies to focus and budget resources (staff and funding) to support high-quality maintenance, capital replacement and/or reinvestment, environmental restoration and management, and natural resource preservation within all new parks.

Lack of Time

The biggest obstacle for increasing recreation participation is related to our busy lives. Online questionnaire respondents reported that lack of time most frequently prevented them from participating more in programs provided by the Parks and Recreation Department.

Program formats that are adaptable to resident's busy schedules, such as drop-in, short term, and on-line programs, can help respond to this trend.

State Trends

In addition to these local trends in the recreation, the State of Oregon documents key trends relating to parks and recreation in its 2008-2012 Oregon Statewide Comprehensive Outdoor Recreation Plan (SCORP). Two of the most significant trends are described below:

Health and Recreation Connection

The 2008-2012 Oregon Statewide Comprehensive Outdoor Recreation Plan (SCORP) recognized the connection between accessible recreation activities and health. Nationwide, the U.S. is experiencing an obesity crisis, and Oregon is no exception. Obesity and overweight increases the risk of chronic diseases, including heart disease, diabetes, and cancer. Physical activity reduces the risk of these chronic diseases, regardless of weight. Providing accessible recreation opportunities has been shown to increase activity levels and promote health.

To respond to this trend, the Parks and Recreation Department can continue to emphasize programs that are conveniently located and provide a diversity of activity types, and ensure that information about these programs and recreation facilities that support active use are readily available.

Connect Children with the Outdoors

The need to connect youth with the outdoors was one of the key findings of the 2009-2012 Oregon Statewide Comprehensive Outdoor Recreation Plan and is a concern nationally. The Oregon Outdoor Children's Bill of Rights is a statewide effort sponsored by the Oregon Recreation and Park Association that encourages recreation providers and families to offer opportunities for children and youth to participate in outdoor recreation activities. It states that every child has a right to experience certain activities, including: follow a trail, go boating, camp out under the stars, learn to swim, walk barefoot on the beach, climb a tree, observe animals in their habitat, catch a fish, play in a nearby park, and explore Oregon's culture and history

These activities can be incorporated as part of the City's recreation program, as well as through the integration of recreation opportunities in natural areas where they can be incorporated without adversely impacting habitat and natural resources.

National Trends

In addition to state and local trends, a variety of national trends have emerged in park and recreation planning. Many of these are similar to the local trends noted through community involvement activities conducted as part of this planning process.

Lack of Time

With today's families balancing many roles—parent, worker, and family member—lack of time has emerged as a major barrier to recreation participation. It is the primary reason why residents in Lake Oswego do not participate in recreation programs.

To counteract this trend, park and recreation agencies are adopting new program formats, including drop-in activities, short term programs, and on-line programs, to facilitate participation.

The Child in the City

One of the greatest challenges cities nationwide are facing is how to retain and support families in the urban environment. This challenge includes fostering child development—including physical, social and cognitive development—for children and youth of all ages from birth to young adults. It also includes supporting and fostering family connections.

Programs that support child and youth development and family interaction address these trends.

The Outdoor Life Style

According to the Outdoor Industry Association, 159 million people over the age of 16 participate in outdoor activities in America today. These activities promote wellness, social interaction, and a connection to the outdoors. Not surprisingly, the Baby Boomer generation (people aged 42-60) and the millennial generation (ages 27 and younger) are the largest segments driving this new outdoor lifestyle trend. People are looking for ways to be outdoors in urban areas. Due to time demands of family and jobs, convenience and accessibility are critical. Cities that can deliver programs that include compelling, close-to-home outdoor activities will have a competitive advantage in retaining and attracting residents.

Providing well-distributed hybrid parks with bike and pedestrian access can help address this trend.

Technology

Technology is offering parks and recreation providers new opportunities for program outreach and enrollment. Use of the right technology can improve affordability, accessibility and efficiency of community facilities and services. Finding the right balance and appropriate use for technology has become a focus of many recreation program departments. To respond to this

trend, the role of technology in parks and recreation should be evaluated at on a somewhat regular basis.

To respond to this trend, the role of technology in parks and recreation could be evaluated to gauge its fit and efficiency for the City.

Local Foods

As recently as the 1950s, many communities produced about half of their own food. Today, in many communities, over 90% of all food consumed is transported from outside the community—and often is transported from international locations. Spurred by the interest in health and wellness as well as the growth of organic and natural foods, community gardens and urban agricultural farm parks have developed in many communities across the country. Participating in local gardening opportunities can build a sense of community among residents. Local gardening opportunities can help people experience the outdoors and create an opportunity to establish a unique community identity—focused on local foods and healthy living.

The City is on the forefront of this trend with its Farmers' Market, and with programs and community garden sites at Luscher Farm. Expanding these programs to respond to needs and provide convenient, multiple locations should be considered to address this trend.

Serving an Aging Population

One of the strongest trends throughout the United States and the region is the aging of our population. This trend requires that parks and recreation providers consider and develop facilities and programs that will serve older adults who possess a variety of needs and interests. Seniors can no longer be lumped into a single category and be effectively served. With healthier lifestyles, people live longer and have more active lives than ever before. Parks and recreation providers need to consider seniors' diverse interests and multiple life stages. Programs must provide for: seniors interested in developing new skills, learning new activities, and engaging in volunteerism; those with some health issues and access concerns; seniors desiring passive and more contemplative activities; seniors looking for intergenerational interactions or who are parenting a grandchild; and those who want more quiet environments. The desirability, benefits and cost effectiveness of helping older seniors remain in their own homes is well-recognized. Recreation programs and services are critical factors that support senior independent living.

Emphasizing older adult and senior programs that address diverse life cycle needs and support independent living can help address this trend.

Community Events

Outdoor concerts, fairs and festivals are one of the top desired recreation activities in Oregon communities and in Lake Oswego. Nationally, over 90% of park and recreation providers offer performing arts, cultural festivals and community events (NRPA, 2009). These events appeal to a range of age groups and income levels, build community, and attract residents, visitors and tourists. Naming rights, space for vendors, and other advertising options provide additional opportunities to generate revenue. Downtowns and business districts also can benefit from

these events by building on event themes and through increased sales that result from attracting more people to the business district.

The Parks and Recreation Department can address this trend by providing event venues within parks, as well as programs that support these needs.

Alternative and Extreme Sports

Indoor or outdoor alternative and extreme sports, such as lacrosse, skateboarding, rock climbing and mountain biking, have growing appeal, especially for teens and younger adults. Because these activities have limited availability, they generally have a regional draw.

Continuing to accommodate these activities, and providing updated facilities and programs in this area are ways that Lake Oswego can capitalize on this trend while encouraging healthy activity among teens and young adults.

Multipurpose Community Centers

Multi-use community, recreation and wellness centers that satisfy a broad range of needs, such as classroom space and meeting rooms, fitness classes, aquatics, social services, child care and senior services, are the current trend. Often these facilities are solely operated by a city, a non-profit organization, or in partnership with a commercial fitness provider. The goal of these facilities is to serve the entire community and all ages by balancing low or no cost services with revenue generating programs and fees. These centers often rely on memberships for fitness facilities as well as additional user fees for classes and aquatics, and rentals for weddings and meetings. These centers have high cost recovery goals. For low income residents, fees for use are often subsidized to provide access to all. Many of these community centers are information nodes that connect residents to government and social services. In addition, many can provide a regional draw depending on location and need.

A multi-purpose community center has long been envisioned for the City. If support for funding or a partnership was obtained, a multipurpose community center could provide opportunities for expanded programs as well as increase program stability in Lake Oswego.

Age-Specific Facilities

With the growing popularity of multi-use centers, many communities have steered away from free-standing, age-specific facilities, such as senior or youth centers. Once community ownership develops, it is difficult to convert these facilities to other uses to accommodate changing demographics and needs. In addition, many communities find it more cost effective to provide services in buildings where multiple services are occurring rather than providing an age-specific facility. While some age-specific facilities are successful, others are not. Some communities have constructed age-specific facilities only to have difficulty attracting the intended participants. This is especially an issue among Baby Boomers who do not want to be associated with traditional senior centers. To respond to this trend, cities have steered away from developing age-specific facilities.

To respond to this trend, the City may consider focusing on the provision of multi-generation facilities, steering away from developing additional age-specific facilities.

What We've Heard

The 2010 *We Love Lake Oswego* community survey which received 823 responses, asked a variety of questions about parks and recreation.

- 32% of respondents say that plentiful parks and open spaces are one of the most desirable elements of a great neighborhood.
- When asked what the most important attributes of Lake Oswego will be in 2035, 30% said abundant and attractive trees and landscaping, 27% said healthy, local food, 22% said many recreational opportunities
- When asked what three features will contribute most to improving community health, 47% said healthy and safe activities for children, 33% said more public facilities for exercise and 23% said access to fresh local produce
- The following results are from the one question that directly addresses parks and recreation:

Sources

Lake Oswego Comprehensive Plan, City of Lake Oswego, Adopted 1994.

Lake Oswego Parks Plan 2025 documents, 2011.