

**The Council Chambers
City Hall
Portsmouth, New Hampshire**

A Proclamation

- Whereas:** There is general agreement that recreation is good for the body and the mind and that as daily life becomes more stressful, taking time when we can away from work, chores, and worries is beneficial to our physical and mental well-being; and
- Whereas:** Engaging in outdoor recreational activities allows us to connect with nature, and is a setting for socialization, enabling us to forge meaningful connections, strengthen relationships, and foster a sense of community; and
- Whereas:** The City of Portsmouth Recreation Department staff and facilities are vital to the wellbeing of our residents of all ages, ranging from the swim lessons for toddlers at the Indoor Pool to afterschool programs at the Community Campus to open court for teenagers at the Connie Bean to the sports teams on our athletic fields to the yoga classes at Spinnaker Point to the social hours at the Senior Activity Center; and
- Whereas:** Park and recreation programming and educational activities, such as out-of-school time programming, youth sports and STEM education classes, are critical to childhood development; and
- Whereas:** The Recreation Department works closely with the DPW Parks & Greenery Division to maintain our parks, ensure the ecological beauty of our community, and provide a place for children and adults to connect with nature and recreate outdoors; and
- Whereas:** The US House of Representatives on behalf of the National Park and Recreation Association has designated July as Park and Recreation Month to celebrate the vital role park and recreation professionals play in bringing people together, providing essential services and fostering the growth of our communities by making a positive impact on their community members every single day; and
- Whereas:** July 21st is Parks and Recreation Professionals Day and July 31st is Lifeguard Appreciation Day. Now, therefore, I, Deaglan McEachern, Mayor of the City of Portsmouth, on behalf of the members of the City Council and the citizens of Portsmouth, do hereby proclaim July 2023

Parks & Recreation Month in Portsmouth

And call upon our community to observe this month by thanking our Parks and Recreation staff and taking advantage of their programs and facilities that so enhance our quality of life here in Portsmouth.



Given with my hand and the
Seal of the City of Portsmouth,
on this 10th day of July 2023.


Deaglan McEachern, Mayor of Portsmouth