

November 19, 2013

**North Dakota Industrial Commission
ATTN: Outdoor Heritage Fund Program
State Capitol – Fourteenth Floor
600 East Boulevard Ave. Dept. 405
Bismarck, ND 58505**

Dear Members of the ND Outdoor Heritage Fund Advisory Board,

The Minot Family YMCA is excited to be one of the applicants to apply for funding from the newly established ND Outdoor Heritage Fund.

The Minot Y is in the process of building a Community Outdoor Fitness Park, which will be the first in the state to offer residents a recreational opportunity focused on health and fitness in a park setting while enjoying the natural environment of the North Dakota outdoors.

This Community Outdoor Fitness Park aligns with the Outdoor Heritage Fund Directive D: Conserve natural areas for recreation through the establishment and development of parks and other recreation areas and Directive B: Improve, maintain and restore water quality, soil conditions, plant diversity, animal systems and to support other practices of stewardship to enhance farming and ranching.

We look forward to your review of the enclosed application and budget and to making a formal presentation to the Advisory Board in January.

Sincerely,

**Roger Mazurek
Executive Director**

**Amy Moen
Development Director**

**North Dakota Outdoor Heritage Fund
Grant Application**

Name of Organization: Minot Family YMCA

Federal Tax ID#: 45-0237612

Contact Person/Title: Amy Moen, Development Director

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Minot, ND 58701

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**List names of
co-applicants if this
is a joint proposal:** None

MAJOR Directive: Directive D. Conserve natural areas for recreation through the establishment and development of parks and other recreation areas.

Additional Directives: Directive B. Improve, maintain, and restore water quality, soil conditions, plant diversity, animal systems and to support other practices of stewardship to enhance farming and ranching;

Type of Organization: Tax-exempt, nonprofit corporation, as described in United States Internal Revenue Code (26 U.S.C. § 501 (c))

Project Name: Community Outdoor Fitness Park

Abstract/Executive Summary: *Executive Summary of the project stating its objectives, expected results, duration, total project costs and participants.*

During a time that the city of Minot is working to rise from the flood of 2011, the Minot Family YMCA is committed to contributing to this effort. The Mouse River flood ruined the majority of the parks in Minot. Most of these parks will be unusable for several years until funding is secured to fix them. The Minot Y is building a Community Outdoor Fitness Park that will offer the citizens of Minot a new recreational opportunity.

The 3 objectives of the Community Outdoor Fitness Park are:

1. Provide a new park for the citizens of Minot to enjoy the outdoor environment
2. Offer an outdoor recreational opportunity for the citizens of Minot focused on health and fitness
3. Conserve and enhance the natural outdoor landscape of this 3 acre park

The expected result of the Community Outdoor Fitness Park is full utilization of the park by the citizens of Minot enjoying its outdoor environment by walking on the trail, exercising on the fitness stations, having a family picnic at the picnic shelters and admiring the many new trees, shrubs and perennial flowers that will be located throughout the park.

The duration of this project – the building of the Community Outdoor Fitness Park, is to have it completed by July of 2014.

The total project cost is \$466,492.

The participants of this project are many. We have had several foundations, businesses, and individuals donate financially to this project, as well as the city of Minot through its community facilities sales tax fund.



Amount of Grant Request: \$50,000.

Total Project Cost: \$466,492.

Amount & Sources of Matching Funds: *Please indicate if the matching funds will be in-kind, indirect or cash.*

The Minot Family YMCA has been diligent in its efforts of securing funding for the Community Outdoor Fitness Park. To-date 85% of the project cost has been raised: \$395,398 of the total \$466,492. We are confident that the remaining \$71,000 will be secured by June 2014.

Secured funding sources are as follows:

Grants Received:

Otto Bremer Foundation	\$75,000
St. Joe's Health Foundation	\$20,000
Minot Area Comm Foundation	\$19,000
ND Community Foundation	\$7,000
Burlington Northern Foundation	\$10,000
JC Penney's	\$15,213
Sertoma Club	\$10,000
Minot Junior Golf Assn	\$5,000
US Bank Foundation	\$1,000
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	\$162,213

Businesses/Individual Contributions \$39,600

City of Minot - Community Facilities Fund \$193,585

Certifications:

Yes, I certify that this application has been made with the support of the governing body and chief executive of my organization.

Yes, I certify that if awarded grant funding none of the funding will be used for any of the exemptions noted on Page 1 of this application.

Narrative:



For Youth Development
For Healthy Living
For Social Responsibility

Organization Information – Briefly summarize your organization’s history, mission, current programs and activities. Include an overview of your organizational structure, including board, staff and volunteer involvement.

The Minot Family YMCA is a nonprofit like no other. The mission of the Y is to be community centered, focused on 3 primary principles: youth development, healthy living and social responsibility.

The Minot Y serves over 70 communities in northwestern North Dakota uniting thousands of youth and adults of all ages, races, faiths, backgrounds, abilities and income levels. Established in 1943, the Minot Y has expanded to adjust to the growing needs of the citizens of the Minot area. Outgrowing its original downtown location, the Y constructed a new facility in 2001. Since moving to its southwest location 11 years ago, the Minot YMCA has experienced incredible growth. At that time it had a membership base of 4,000 members. Today there are over 13,000 people who belong to the Y.

Staffing of the Minot Family YMCA consists of 10 full-time employees and 250 part-time employees. The stakeholders of the Y consist of 25 community leaders who volunteer their time to serve on the Board of Directors.

The current activities of the Y are focused around three principles: youth development, healthy living and social responsibilities.

- **Youth Development** – Activities focused on reducing youth obesity, affordable child care and provide innovative youth programs that increase the number of youth participating in YMCA programs.
- **Healthy Living** – Activities focused on providing a wide variety of new innovative activities that encourage and support healthy living; programming for aging boomers and expanding aquatic facilities for the community.
- **Social Responsibility** – Activities focused on maximizing recreational opportunities for the community.

The Y definitely has an impact on the community. In 2012 the Y donated over \$800,000 in support to the community through services focused on welfare, health, quality of life and family services to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

Purpose of Grant – Describe the proposed project identifying how the project will meet the specific directive(s) of the Outdoor Heritage Fund Program. Identify project goals, strategies and benefits and your timetable for implementation. Include information about

the need for the project and whether there is urgency for funding. Please indicate if this is a new project or if it is replacing funding that is no longer available to your organization. Identify any innovative features or processes of your project.

During a time that the city of Minot is working to recover from the flood of 2011, the Minot Family YMCA is committed to contributing to this effort. The Minot Y is building a Community Outdoor Fitness Park that will offer all of the citizens of Minot, free of charge, a place to go that is new and inviting, a place where they can walk on the fitness trail and enjoy the beauty of the natural environment, work out on any of the twelve fitness stations and spend time together as a family at one of the many picnic tables. The Community Outdoor Fitness Park will be a positive example of Minot picking itself up, moving on and creating something new.

The Community Outdoor Fitness Park will improve 3 community needs:

1. Replace Flooded Parks in Minot. The Mouse River flood of 2011 ruined the majority of the parks in Minot. Most of these parks will be unusable for several years until funding is secured to fix them. The Community Outdoor Fitness Park will provide an additional park in the city of Minot and this park will be the only one located in the southwest quadrant of the city. This area of Minot has experienced incredible residential and commercial growth over the past 2 years.



2. Increase Recreational Opportunities. The Community Outdoor Fitness Park is designed to provide an outdoor environment that encourages Minot residents to exercise and play. It will include a walking/jogging trail, 12 fitness stations; such as a cardio stepper, pull-ups, squat press, row machine, and a game court; all in an effort to provide recreational opportunities.



3. Conserve and enhance the natural outdoors. The Community Outdoor Fitness Park will take advantage of the outdoor landscape by planting many North Dakota

trees and shrubs, native perennials and grass. This will add diversity to the existing vegetation while also improving soil conditions.



The Community Outdoor Fitness Park is a perfect fit for the type of projects that the Governor and the State foresees supporting through the creation of the ND Outdoor Heritage Fund. The major directive that this project aligns with is ***Directive D: Conserve natural areas for recreation through the establishment and development of parks and other recreation areas.*** This project, the Community Outdoor Fitness Park, is a brand new park created for the citizens to enjoy the outdoor environment and provide them with recreational opportunities.

The Community Outdoor Fitness Park also aligns with ***Directive B: Improve, maintain and restore water quality, soil conditions, plant diversity, animal systems and to support other practices of stewardship to enhance farming and ranching.*** This will be done by planting a wide variety of North Dakota grown trees and shrubs, native perennials and grass in the park. This is being done to provide natural beauty in the park, to provide natural fencing around the perimeter of the park and to maintain the water and soil conditions in the park.

The Community Outdoor Fitness Park will be completed by the beginning of summer 2014. The site development, fitness stations, picnic shelter and storage building were recently completed prior to the ground freezing. The remaining items of the walking trail, game court, electrical, planting of trees, shrubs, perennials, grass and signage will be done in the spring.

We are anxious to secure the remaining \$71,000 to complete the project and open it to the public with the beginning of summer 2014.

Management of Project – *Provide a description of how you will manage and oversee the project to ensure it is carried out on schedule and in a manner that best ensures its*

objectives will be met. Include a brief background and work experience for those managing the project.

Management of the building of the Community Outdoor Fitness Park has been very easy for the Y staff to direct. The project is located directly adjacent to the Y building, so the executive director of the Y, Roger Mazurek, is on-site at the project at all times. Roger has extensive experience in large construction projects, as he was tasked with building a brand new Y (92,000 sq ft building) in 2001. It was done on time and done with much community satisfaction.

Evaluation – *Describe your plan to document progress and results. How will you tell if the project is successful? Please be specific on the methods you will utilize to measure success.*

Methods used to measure the success of the Community Outdoor Fitness Park are quite simple. The park is located directly adjacent to the Y building, so staff will be able to see, on a daily basis, how much the park is being utilized. The 3 key focus areas that will be monitored are:

1. Provide an additional park in the city of Minot. This will be achieved as soon as the project is complete.
2. Increase recreational opportunities. Daily use of the walking trail, fitness stations, game court, and picnic shelters will be monitored and if additional equipment or picnic areas need to be added can be.
3. Conserve and enhance the natural outdoors. This will be monitored daily to ensure that the plant life is well cared for and the grounds are being watered adequately.

Sustainability – *Indicate how the project will be funded or sustained in future years.*

Sustainability of the Community Outdoor Fitness Park has been addressed. The Board of Directors of the Y has committed to any future finances required to sustain the park and all purchasable items will be on a depreciation schedule. Maintenance of the park will be the responsibility of the Y operations staff.

Partial Funding – *Indicate how the project will be affected if less funding is available than that requested.*

The Community Outdoor Fitness Park is being built as funding is received. We were fortunate to receive 80% of the necessary funds. A large majority of the work was done during the fall before the ground froze. The remaining will be completed in the spring, once the last 20% of the funding is secured. If this remaining \$71,000 is not received we can scale back on the project resulting in very little impact.

Project Budget

Project Expenses:	OHF Request	City of Minot Funds Recd	Grant Funds Recd	Cash Contributions Recd	Remaining to Raise	
Site Development (1)	\$50,000	\$108,265				\$158,265
Fitness Systems (2)		\$38,510				\$38,510
Storage Building (3)		\$46,810	\$10,814			\$57,624
Picnic Shelter (4)			\$21,093			\$21,093
Trees, Shrubs, etc. (5)			\$36,000			\$36,000
Game Court (6)			\$50,000			\$50,000
Artificial Surfacing (7)			\$25,000			\$25,000
Rubberized Chips (8)			\$19,306	\$10,694		\$30,000
Electrical Service (9)				\$28,906	\$21,094	\$50,000
TOTAL	\$50,000	\$193,585	\$162,213	\$39,600	\$21,094	\$466,492

1. Cost to level & prepare site
2. Cost of fitness stations & installation
3. Storage building built to store equipment
4. Picnic shelter built
5. Trees, shrubs & plant costs
6. Game court built
7. Surfacing of game court
8. Recycled rubber chips for playground area
9. Electrical costs for lighting and security system

Yes, I certify that a project budget will be sent to the Commission.