

Citizens Park has artwork to enjoy in several locations.

# Barrington Parks Are a Breath of Fresh Air

REEN SPACES PROVIDE A REFUGE that not only encourages physical activity, but also promotes relaxation and mental well-being while increasing property values and contributing essential environmental services. In Barrington, nearly 62% of residents can access a community park without having to get into a car. "Community input drives park district growth," says Barrington Park District Executive Director Terry Jennings. "If land becomes available, we'd be open to that," adds Jennings. "We're always looking for opportunities."

Creating a five-year comprehensive master plan, Jennings looks forward to enhancing existing parks with guidance from community surveys and meetings, and identified park distribution deficiencies [opportunities] in areas 3, 4, and 7. "It is a top priority to this board and staff to make our parks beautiful, clean, and well-groomed for our citizens to enjoy," states Jennings, who strives to develop mutually beneficial partnerships. "Close proximity of Cook and Lake County Forest Preserves has impacted the vision for parks, trail systems, [and] connectivity."

#### **Building Bridges**

"We're fortunate we have a lot of really kind, generous, hard-working people to move things forward," reiterates Barrington Park Board President Linda Hovde. A member of The Garden Club of Barrington, Hovde shares how the garden club planted native rain garden seeds in parking lot bioswales and contributed bald cypress trees between the treehouse and the pond at Citizens Park.

After Barrington Park District obtained Citizens Park, Jennings, together with Citizens for Open Space Committee's Linda Hovde and community activist Dave Nelson, began meeting with staff from Lake County Forest Preserves to develop a trail to connect the new park with Cuba Marsh.

The Forest Preserves completed a study revealing the connection would cost about \$900,000 and neither organization could foot the bill.

As public support for the connecting trail grew, the Park District committed \$100,000 to the project, and received a donation of \$100,000 to finance a footbridge in honor of former Forest Preserve Commissioner Keith Pederson. Costs were eventually brought down to \$750,000 and the 3/4-mile crushed stone connecting trail with 50'



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free span timber bridge and 830' boardwalk was opened in 2008.

Seeing another opportunity for meaningful collaboration, Joe Kelsch of the Barrington Area Development Council approached Jennings along with staff from the Village of Barrington and School District 220 to share his vision for the Dreamway Project. The Dreamway is a <sup>3</sup>/<sub>4</sub>-mile trail along Flint Creek that extends from the pond at Langendorf Park between the sports fields of Barrington High School to Hart Road. Channelized for farming in the 1940s, this section of Flint Creek is overrun with invasive species, inundated with runoff, and threatened by severe erosion.

Barrington Park District, Barrington 220, and the Village of Barrington applied for a grant, but failed to receive funding for the Dreamway with their first application. Applying a second time, they received the EPA 319 grant to improve water quality and entered into an agreement to provide ongoing maintenance once the Dreamway was restored.

Restoration efforts will include streambank stabilization, the removal of invasive species, the installation of native vegetation, and the development of interpretive signage. "The summer of 2021 should begin to be lovely, and even more so in the summers of 2022 and 2023, as the natives become fully established," says Flint Creek/Spring Creek Watersheds Partnership Coordinator Faye Sinnott.



This artwork is near the Keith Pederson Bridge in Citizens Park.

#### Environmental and Economic Benefits

Park green spaces help to offset the effects of constructed environments as essential community buffers and sanctuaries for both individuals and families to recreate with nature. Greenery supplies oxygen, filters air, and reduces noise pollution. Increased use of sustainable native and perennial plants reduces annual horticultural expenses. Ponds and wetlands like the ones found at Langendorf, Columbus, and Citizens Parks reduce flooding to improve water quality and moderate temperature, while providing essential habitat for wildlife.

For the most part unseen, environmental services provided by park green spaces improve community livability. According to the National Parks and Recreation Association, park green spaces are one of the top three reasons businesses cite in relocation decisions.

#### **Healing Properties**

Biologist E.O. Wilson describes biophilia as "the rich, natural pleasure that comes from being surrounded by living organisms". While research on the relationships between physical activity and green space may not agree, Japanese Shinrin-yoku (forest bathing) and Scandinavian Friluftsliv (spiritually connecting with landscapes) demonstrate a connection between green space to overall well-being.

Barrington Park District's five parks allow users to decide how they will connect with green space, whether it's by walking, taking pictures, bicycling, practicing yoga, or observing the change of seasons. More than good looks, the green space provided by parks offers us the price-less opportunity to reconnect with each other and the simple wonders of nature.

### Did you know?

- The mission of Barrington Park District is to "enhance the quality of life and the environment; to acquire, conserve, and protect natural resources; and to provide health and recreational opportunities for people of all ages and abilities in our community".
- Citizens Park won seven awards in 2007: Governor's Hometown Award, Daniel Flaherty Park Excellence Award, Illinois Association of Park District's Partnership Award, Masonry Award, and three awards from the Council of Barrington Garden Clubs.
- A few years ago, Barrington Park District participated in a land trade with the Village of Barrington to help the Village address stormwater problems, swapping Miller Park for Concord-Meinhard Park.
- Green space requires ongoing maintenance, including the removal of invasive species, scheduled mowing, and prescribed burning.
- Ron Beese Park offers community garden plots to rent.
- Each of us can keep parks beautiful by picking up and packing out litter. "Litter is not only bad for wildlife, but can cause blockages that can result in additional maintenance as well as flooding," says Village of Barrington Director of Public Works Jeremie Lukowicz.



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