



## COUNTY of FREDERICK

Parks and Recreation Department

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# MEMO

**To:** Parks and Recreation Buildings and Grounds Committee  
**From:** Jon Turkel, Assistant Director *JWT*  
**Subject:** Buildings and Grounds Committee Meeting  
**Date:** March 5, 2024

The Buildings and Grounds Committee is scheduled to meet at 10am on Tuesday March 5, 2024, in the Parks and Recreation Conference Room, County Administration Building, 107 N. Kent St. Winchester, VA 22601. Agenda includes:

### Action Items:

1. Grant Application – Old Charlestown Road Park  
Staff is seeking a recommendation to apply for a grant to provide funding for development of Old Charlestown Road Park. The Land and Water Conservation Fund (LWCF) grant program is a 50-50% matching reimbursement program. The grant recipient must be able to fund 100% of the project while seeking periodic reimbursements. LWCF grant applications are due to the Virginia Department of Conservation and Recreation by April 18, 2024. A 2023 budget estimate for park development is attached, this estimate is currently in revision to include the playground, updated restroom/shelter cost, and inflation (Attachment 1).
2. Native Peoples and Plants Interpretive Sign for Rose Hill Park  
Staff is seeking a recommendation for the installation of an interpretative sign at Rose Hill Park. The department was approached by the Visitors and Tourism Bureau to install one (1) interpretative sign at Rose Hill Park. The sign would be of a consistent look as the Civil War interpretive signs and would provide information on Native Americans and their connection with native vegetation. All costs including installation and maintenance would be the responsibility of the Visitors and Tourism Bureau. Information on the sign is included as an attachment (Attachment 2)

### Information items:

1. Staff is seeking guidance on developing and prioritizing proffer eligible projects. An initial list of projects and a general (ballpark) cost estimate is attached (Attachment 3).
2. Project Updates

### Other Business

<b>OLD CHARLES TOWN ROAD PARK DEVELOPMENT</b>
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Item		GNI - 2019		ZMM - 2023
Earthwork & Demolition		\$460,000		\$550,000
Erosion Control		\$80,000		\$130,000
Storm Drainage & SWM Quantity		\$240,000		\$550,000
Stormwater Quality Treatment		\$150,000		\$150,000
Pavement & Hardscapes		\$410,000		\$520,000
Sanitary Sewer		\$30,000		\$20,000
Water Distribution		\$110,000		\$90,000
Site Lighting		\$70,000		\$90,000
Athletic Amenities Development		\$570,000		\$680,000
Site Furnishings & Signage		\$90,000		\$90,000
Building Facilities		\$370,000		\$370,000
Misc. (Landscaping)		\$40,000		\$40,000
<b>Subtotal of Estimate</b>		<b>\$2,620,000</b>		<b>\$3,280,000</b>
Constructon Mobilization / Stakeout	10%	\$270,000	10%	\$330,000
<b>Fully Mobilized Estimate</b>		<b>\$2,890,000</b>		<b>\$3,610,000</b>
Design Contingency	10%	\$289,000	5%	\$180,000
<b>Projected Final Design Estimate</b>		<b>\$3,179,000</b>		<b>\$3,790,000</b>
Construction Contingency	5%	\$158,950	10%	\$380,000
<b>Total Opinion of Probable Constructon ('Hard') Costs</b>		<b>\$3,337,950</b>		<b>\$4,170,000</b>
Soft Costs	10%	\$333,795	10%	\$420,000
<b>Total Project Budget Estimate (Rounded)</b>		<b>\$3,672,000</b>		<b>\$4,590,000</b>

## Native People and Native Plants of Frederick Co. Virginia

By Clay Morris

Offered to edit by: Dr. Carol Nash (JMU), Dr. Warren Hofstra (SU), Chris Anderson (Cherokee), and René Locklear White (Lumbee)

for the Winchester/Frederick County Va. Visitor Center

Updated: Nov. 30, 2023 - SIGN - 243 words + 3 side bars

Because of the abundance of game and fish in what is now Winchester and Frederick County, Virginia, many Indigenous communities and groups from a variety of cultures came to the Valley. These First Peoples actively managed forests, open glades, and grasslands to maintain a healthy ecosystem of plants and animals on which the communities relied. Mature chestnut, oak, walnut, and hickory trees provided nuts, packed with fats and protein nutrients, vital to survival of people and animals.

Numerous edible plants grew in this area, and Indigenous people actively planted and nurtured their growth for food and medicine. When they made summer camps along rivers to fish, they harnessed the benefits of the rich soils and planted some of their favorite wild foods such as sunflowers, berries, root crops, and grain-bearing grasses. In time, Native people domesticated several crops, including squash.

“This is an amazing testament to their management practices and the abundance of the Valley,” said Dr. Carol Nash professor and archeologist.

While we often think of corn as the staple of the Native diet, corn did not appear in this area until about 900 years ago. Before and after corn, Native people sustainably managed the natural resources to feed many generations of people.

Today, some Native Americans in the area practice (and continue to practice) the science of Agronomy, marking a transition from hunter-gatherer societies to modern practices that include everything from agriculture and land conservation to plant physiology and soil science.

**END**

**SIDE BAR 1:** The Algonquian-spoken Shawnee words for milkweed flower “me-lo-wii-sa” and wild onions “se-kaa-ko-wii-sa-ki,” provide a glimpse into the rich culture and linguistic heritage of our Native communities. Planting Native plants like milkweed is critical to helping protect our Native butterflies and bees.

**SIDE BAR 2:** This Frederick County area was a crossroad to three distinct language families. Algonquin, Iroquoian, and Siouan speaking peoples include the Catawba, Cherokee, Delaware, Haudenosaunee, Monacan, Manahoac, Shawandasse Tula (Shawanwaki/Shawnee), Susquehannock, Patawomeck, Piscataway/Conoy, and Tuscarora; we must also consider an undetermined amount of Indigenous people no longer present because of diseases like smallpox and those still present because of their resilience and self-determination.

**SIDE BAR 3:** Certain flavors complement each other because the plants grow together symbiotically. A shared culinary tradition in Native American cuisine is the three sisters: corn,

beans, and squash. Behind the healthy tastes of Indigenous foods is an aspect of culture, spirituality, and community.

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**PROFFER ELIGIBLE PROJECTS**

\$25k	Outdoor Fitness Stations: RHP and FHP
\$115k	Lights for Pickleball Courts -both
\$100k	CB Pickleball Court expansion
\$35k	Well for NW SH
\$75k	New Trail-Sherando (woods behind the maintenance shop swinging around towards the Lions Shelter)
\$75k	Trail extension around the lake at Sherando (to make that a complete circle around the lake)
\$200k	Playground-Bowman Library
\$10k	Fence-RHP (Sandy Ridge connector)
\$600k	Splash Area-Sherando Park
\$170k	Parking Expansion Clearbrook
\$300k	Parking Expansion Sherando NW
\$100k	CB Shelter near Volleyball
\$47k	Lights for CB Volleyball
\$56k	Parking Expansion Rose Hill
\$55k	NW Sherando field complex (football / soccer goal, field renovation and fencing).
\$270k	Soccer 5 at SHP (if not approved in FY25 budget)
\$350k	Bathroom at SHP soccer lot
\$180k	SHP parking expansion
\$20k	Swingset addition NW Sherando: