



# Proclamation

**WHEREAS**, parks and recreation is an integral part of communities throughout this country, including the City of Tulare; and

**WHEREAS**, parks and recreation promotes health and wellness, improving the physical and mental health of people who live near parks; and

**WHEREAS**, parks and recreation promotes time spent in nature, which positively impacts mental health by increasing cognitive performance and well-being, and alleviating illnesses such as depression, attention deficit disorders, and Alzheimer's disease; and

**WHEREAS**, parks and recreation encourages physical activities by providing space for popular sports, walking trails, and many other activities designed to promote active lifestyles; and

**WHEREAS**, parks and recreation programming and education activities, such as out-of-school time programming, youth sports, and environmental education, are critical to childhood development; and

**WHEREAS**, parks and recreation increase a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction; and

**WHEREAS**, the City of Tulare recognizes the benefits derived from parks and recreation resources to the community by providing and maintaining 19 parks, including the Santa Fe Trail, skate park, and sports parks, and by providing many recreational activities for all ages.

**NOW, THEREFORE**, we, the City Council of the City of Tulare, do hereby proclaim the month of July 2023 as

## Parks and Recreation Month

in the City of Tulare and encourage all residents to support the effort to create a more active and healthy community through the programs offered by Tulare Parks & Recreation.

Dated this 18<sup>th</sup> day of July 2023.



*Terry A. Sayre*  
Terry A. Sayre, Mayor

*Patrick Isherwood*  
Patrick Isherwood, Vice Mayor

*Jose Sigala*  
Jose Sigala, Councilmember

*Stephen C. Harrell*  
Stephen C. Harrell, Councilmember

*Dennis A. Mederos*  
Dennis A. Mederos, Councilmember