

VERSION 1.0

DATE: JANUARY 1, 2020



PANTHER HEALTH AND FITNESS TRAIL PLAN

TAFT, OKLAHOMA

A Historical Black Town

PRESENTED BY: COMMITTED TO BUILD AND BEAUTIFY TAFT, INC.

KIM LEE

P. O. BOX 36

TAFT, OK 74463

REVISED: MAY 3, 2021

PANTHER HEALTH AND FITNESS TRAIL PLAN

PLAN OVERVIEW

Construct a one-mile health and fitness, historical and educational trail for the citizens of Taft, Oklahoma.

BACKGROUND SUMMARY:

Committed to Build and Beautify Taft, Inc. (CBBT, Inc), is an Oklahoma not-for-profit corporation created in May 2014 in Taft, OK which has the distinction of being one of the thirteen Historical Black Towns in Oklahoma. Our mission is to acquire, establish and maintain public venues to advance the health, wellness, education and recreation of the citizens of Taft, Oklahoma and all who visit or work here. We will achieve this through the construction of a fitness trail with fitness stations, community food garden, nature education through pollinator garden, Veterans Memorial and the establishment of a farmer's market. Historical education, health and wellness fairs, farm to table demonstrations, and health information along with assisting individuals set attainable health goals and tracking their progress will be available.

This plan represents the construction of the Panther Health and Fitness Trail along with all its components which will be located on the abandoned Midland Valley Railroad right of way, from Juniper Street (east) to Hwy 162 (west) in the Town of Taft, OK county of Muskogee, approximately one mile in length. The railroad right-of-way was gifted to CBBT, Inc. by the Sunbelt Railroad Trust.

Name of Project:	Panther Health and Fitness Trail
Project Manager:	Kim Lee
Subject Matter Expert:	Kim Lee

GOAL

Construct a multi-faceted health and fitness trail to include two fitness stations, two rest stops containing benches, trash receptacles, and two history kiosks; a community food garden, pollinator garden, Veterans Memorial, outdoor seminar and arts area.

PROJECT PLAN OBJECTIVES

1. Construct a one-mile health and fitness pedestrian and bicycle trail.
 - a. Eight-foot-wide trail to accommodate walking, running, cycling and wheelchairs.
 - b. Two 6 ft benches and two trash receptacles.
 - c. Two history kiosks (three sided) to house railroad, town and school history.

2. Construct two 20x30 (600 sq. ft) fitness stations.
 - a. 1 - Walk on from trail with outdoor fitness equipment and instructions for use (handicap accessible).
 - b. 2 - Walk on from trail with turf for outdoor yoga, tai chi, aerobics, etc. (handicap accessible).
 3. Construct two 16 x 20 rest stops walk on from trail.
 - a. History kiosk (three-sided).
 - b. Bench and trash receptacle.
 - c. Handicap accessible.
 4. Construct handicap accessible parking space and trail head.
 5. Construct a 300 x 80 community food garden.
 - a. Twenty (20) raised beds including beds that are handicap accessible and child friendly.
 - b. 10 fruit trees
 - c. Fencing to keep out predators.
 - d. Well for watering and irrigation
 - e. Rainwater collection tank for backup watering
 6. Construct a 110 x 60 pollinator garden with Veterans Memorial.
 - a. Veterans Memorial (10 x 16) with water feature.
 - b. Bricks with names of servicemen and women.
 - c. Plantings.
 7. Construct a 160 x 60 outdoor seminar and arts space.
 - a. Three wind sails for sun protection.
 - b. 4 Six-foot tables with bench seating, anchored.
 - c. 2 trash receptacles
 8. Install bollards at all street access points.
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WHAT IS THE DESIRED OUTCOME?

The desired outcome is to provide the citizens of Taft, Oklahoma have a safe place to walk, run, and cycle within the community; have access to local fresh grown vegetables, fruit, herbs via a community food garden, and health information to support a healthier lifestyle; have access to exercise equipment for additional balance and strength support for our senior community; outdoor classes in Tia Chi, yoga and aerobics; health checks and seminars, art classes, cooking demonstrations; honor our hometown veterans lost in wars or deceased; create a habitat to help preserve our pollinators.

PROCESS

SCHEDULING FOR EXERCISE CLASSES

Work with Muskogee Health Department to identify instructors for Tai Chi, Yoga, Aerobics, etc. classes for youth, adult and seniors.

VOLUNTEER DATABASE DEVELOPMENT

Securing volunteers to work in the garden will be the key to maintaining a healthy and productive garden. Schedules will be developed to insure we have the necessary bodies to maintain the pollinator and food gardens.

GARDEN PARTICIPATION AGREEMENT DEVELOPMENT

Those who participate in helping plant, maintain and harvest will be the first to receive fresh produce from the garden. Others will be able to fill their baskets on a first come first serve basis.

SURVEYS AND PARTICIPANT COUNTS

Visitors to the garden, trail and fitness stations will be asked to complete random surveys to collect data regarding use of the facility, i.e., number of times visited, produce quality, ease of use, participation level, miles walked or run, seminars or art classes attended, exercise classes participated in, etc.

DESCRIPTION OF ITEMS NEEDED FOR TRAIL

1. Two three-sided kiosks to house histories of the Town of Taft, Midland Valley Railroad, and Vernon/Moton Schools. Located at each rest stop.
2. Two rest stop benches and two trash receptacles.
3. Bollards at all street access points, approximately (16).
4. Handicap parking signs (2).
5. Parking stops (6).
6. Pedestrian crossing signs (3).
7. Poles for signs (5).
8. Paint for pedestrian street markings (1 gal).
9. Twenty raised bed planters 3x10, five with legs approximately 3 ft tall to support handicap and senior gardeners, 3 one foot tall for children's garden. (This represents the garden at full capacity. We will start out with 5 beds, 2-3ft tall, 1-1ft tall).
10. 8x12 garden shed for tool and supply storage.
11. Well dug for irrigation. Management of water resources for minimal impact on public utility.
12. One 500-gallon food grade water tank for rain catchment.
13. Tools and materials to hook up irrigation watering system
14. One monument for Veterans Memorial.



NECESSARY RESOURCES

Resource	Role	Estimated Work Hours
Water	Well piped to garden, food grade tank	
Compost	Garden compost	
Soil	Garden soil for raised beds	

THE TRAIL

One-mile from Juniper St. to Hwy 162, eight-foot-wide Chip and seal construction with two rest stops with seating, trash receptacle, and history kiosk (handicap accessible), two fitness stations with bench seating, exercise equipment in one station. (handicap accessible), landscaping.

COMMUNITY FOOD GARDEN

The garden (300x80), accessible from the trail and Main St., will be constructed in sections. Raised beds will be constructed at different heights to accommodate children, handicap, and seniors. Water source will be well and rain collection to lessen impact on towns water consumption. Vegetables, herbs, and fruit trees will be grown and gourds for art projects. A shed will be constructed for tool and supply storage. Fencing will be installed for animal control. Cash crop will be marketed for ongoing sustainability of the garden and trail. (Handicap accessible)

VETERANS MEMORIAL AND POLLINATOR GARDEN (110X60)

A Veterans Memorial will be constructed, inside the pollinator garden, to honor the service and commitment of those servicemen and women from Taft, OK who served in United States Military. Names of fallen and deceased servicemen and women will be engraved on bricks and placed around the memorial with a water feature in front of it.

The pollinator garden will be two-fold. It will serve as a habitat for Monarch Butterflies and other pollinators. It will also provide education to the community concerning the importance of pollinators in our eco-system. Seminars and information about pollinators and conservation and their impact on our eco systems will be available to the community. Parking on north side.

OUTDOOR SEMINAR AND ARTS SPACE

Seminar and arts space (150x60) will be constructed to host outdoor health and wellness seminars, art instruction and farm to table demonstrations. This space will provide children and adult art classes, food preparation demonstrations for the community food garden, and health and wellness seminars. We will partner with the Muskogee County Health Department to provide the seminars, and we will partner with the Oklahoma Arts Council to provide art classes, we will create a partnership with restaurants to provide farm to table experiences for the community. Funds raised from the Farm to Table Experience will be used to maintain the pollinator garden and Veterans Memorial.

BUDGETS

Panther Health and Fitness Trail				1/1/2020
INCOME				
Support	Request	Applicant Match	In-Kind	Total
Government grants (USDA max \$50k)	\$ 48,800.00			\$49,998.75
*Foundation Grants (up to \$12.5k match)		\$12,503.00		\$ 9,201.20
Corporate Donations		\$ 1,000.00		\$ 1,000.00
Business & Church (includes \$1.5k pledge)		\$ 5,000.00		\$ 5,000.00
Fundraising events		\$ 1,457.99		\$ 1,457.99
Individual Contributions		\$ 958.00		\$ 958.00
In-kind				\$ -
Board Member Contributions		\$ 785.21		\$ 785.21
Other (specify)				\$ -
Total Income	\$ 49,998.75	\$18,402.40	\$ 0.00	\$68,401.15
EXPENSES				
Consultants and professional fees			\$	\$ -
Clearing Land (tractors, chain saws, volunteers)			\$13,000.00	\$ -
Fitness Equipment	\$ 7,093.00			\$ 7,093.00
Benches (2)	\$ 904.00	\$ -		\$ 904.00
Outdoor Trash Receptacles (2)	\$ 612.00			\$ 612.00
History Kiosks (2)	\$ 6,215.00			\$ 6,215.00
Trail Construction (1 Mile)	\$ 27,442.00			\$79,680.00
Fitness Station Build Out 20x30 (2)	\$ 8,000.00			\$ 8,000.00
Rest Stop Build Out 16x20 (2)	\$ 4,000.00			\$ 4,000.00
Bollards (16)	\$ 3,230.96			\$ 3,230.96
Turf (20x30) (2)	\$ 5,632.20	\$ -		\$ 5,632.20
Inspection Fees	\$ 7,968.00	\$ -		\$ 7,968.00
Signs	\$ 3,050.00	\$ -		\$ 3,050.00
Contingencies	\$ 4,888.00			\$ 4,888.00
Vehicle Stops (12)	\$ -	\$ -	\$ 250.00	\$ -
Parking (7 handicap)	\$ -	\$ -	\$ 1,000.00	\$ -
Total Expense	\$132,383.16	\$ -	\$ 5,550.00	\$132,383.16
DIFFERENCE (Income less Expense)	\$(82,384.41)	\$18,402.40	\$ 5,550.00	\$ 63,982.01

COMMUNITY FOOD GARDEN BUDGET

(REPRESENTS THE FINISHED GARDEN)				
300X80 FOOD GARDEN	REQUEST	APPLICANT MATCH	IN-KIND	TOTAL
CONSULTANTS AND PROFESSIONAL FEES	\$ -	\$	\$ 350.00	\$ 150.00
FENCING	\$ 1,000.00			\$ 1,000.00
EQUIPMENT: TILLER	\$ 300.00			\$ 300.00
SUPPLIES (GLOVES, TRASH BAGS, POTS, ROW COVERS, ETC.)	\$ 225.00	\$ -		\$ 225.00
TOOL SHED	\$ 600.00	\$ 200.00		\$ 800.00
PLANTS / SEEDS (STARTER)	\$ 100.00	\$ 100.00	\$ 100.00	\$ 200.00
COMPOST AND MULCH	\$ 200.00	\$ -	\$ 200.00	\$ 200.00
SOIL (20 RAISED BEDS AND IN GROUND PLANTING)	\$ 2,500.00	\$ -		\$ 2,500.00
NAILS	\$ 100.00	\$ -		\$ 100.00
LUMBER (20 RAISED BEDS, SEATING)	\$ 1,008.00	\$ 300.00		\$ 1,308.00
TOOLS (RAKES, SHOVELS, HOES, WATER HOSE, ETC.)	\$ 375.00	\$ 150.00		\$ 475.00
GRAVEL (PATHS)	\$ -	\$ -	\$ 250.00	\$ -
500-GAL FOOD GRADE WATER TANK	\$ 500.00	\$ -	\$ -	\$ -
CLEARING LAND (TRACTORS, CHAIN SAWS, VOLUNTEERS)	\$ -	\$ -	\$ 1,500.00	\$ -
WATER WELL CONSTRUCTION	\$3,500.00	\$ -	\$ -	\$ -
SIGNS	\$ -	\$ -	\$ 225.00	\$ -
TOOLS AND MATERIALS IRRIGATION SYS			\$ 300.00	
			\$	
TOTAL EXPENSE	\$10,408.00	\$ 750.00	\$ 2,375.00	\$ 11 ,158.00

POLLINATOR GARDEN BUDGET

(REPRESENTS COMPLETED GARDEN)				
110X60 GARDEN	REQUEST	APPLICANT MATCH	IN-KIND	TOTAL
CONSULTANTS AND PROFESSIONAL FEES	\$ -	\$	\$ 150.00	\$
PLANTS /TREES/ SEEDS (STARTER)	\$ 1,000.00	\$	\$ 500.00	\$ 1,000.00
COMPOST AND MULCH	\$	\$ -	\$ 200.00	\$
SOIL (RAISED BEDS AND IN GROUND PLANTING)	\$ 800.00	\$ -		\$ 800.00
NAILS	\$ 100.00	\$ -		\$ 100.00
LUMBER (SEATING)	\$ 400.00	\$		\$ 400.00
BRICK PAVERS (PATHS)	\$ -	\$ -	\$ 250.00	\$
CLEARING LAND (TRACTORS, CHAIN SAWS, VOLUNTEERS)	\$ -	\$ -	\$ 600.00	\$
SIGNS	\$ 625.00	\$ -	\$	\$ 625.00
TOOLS AND MATERIALS IRRIGATION SYS	\$ 300.00		\$	\$ 300.00
TOTAL EXPENSE	\$ 3,225.00	\$	\$ 1,700.00	\$ 3,225.00

VETERANS MEMORIAL BUDGET				
20X20 (INSIDE POLLINATOR GARDEN)	REQUEST	APPLICANT MATCH	IN-KIND	TOTAL
CONSULTANTS AND PROFESSIONAL FEES	\$ -	\$	\$ 150.00	\$
PLANTS	\$	\$	\$ 100.00	\$
COMPOST AND MULCH	\$	\$ -	\$ 30.00	\$
SOIL (PLANTINGS)	\$ 100.00	\$ -	\$ 100.00	\$ 100.00
CONCRETE	\$ 100.00	\$ -		\$ 100.00
LUMBER (SEATING)	\$ 200.00	\$		\$ 200.00
WATER FEATURE	\$	\$ -	\$ 300.00	\$
BRICK PAVERS (PATHS)	\$ -	\$ -	\$ 250.00	\$
SIGNS	\$	\$ -	\$ 75.00	\$
MONUMENT	\$ 5,500.00		\$	\$ 5,500.00
TOTAL EXPENSE	\$ 5,900.00	\$	\$ 1,005.00	\$ 5,900.00

OUTDOOR SEMINAR AND ARTS BUDGET				
150X60 - ARTS, SEMINAR, AND DEMONSTRATION SPACE	REQUEST	APPLICANT MATCH	IN-KIND	TOTAL
CONSULTANTS AND PROFESSIONAL FEES	\$ -	\$	\$ 150.00	\$
SEATING (4 TABLES W/ BENCHES ANCHORED)	\$ 1,500.00	\$ 500.00	\$	\$ 2,000.00
CONCRETE SLAB	\$ 2,500.00	\$ -	\$	\$ 2,500.00
WIND SAILS	\$ 2,300.00	\$ -		\$ 2,300.00
ART (OUTDOOR)	\$	\$	\$ 200.00	\$
TOTAL EXPENSE	\$ 6,300.00	\$ 500.00	\$ 350.00	\$ 6,800.00

METRICS AND EXPECTATIONS

- Fundraising events:
 - Letters to Alumni
 - Letters to Businesses Partners
 - Family Fun Day
 - Garage Sale
 - Food Sales
 - Letters to local churches
 - Letters to Utility Companies
 - Grant Applications
 - Brick Fundraiser

- Each board member will raise \$500.00.

DIRECTORS AND BOARD MEMBERS

Title	Name	Phone	
President	Paulette Bennett	918-261-2545	
Secretary	Kim Lee	918-441-1214	
Project Manager			
Treasurer	Carla Neale		
Vice President	Juanelda Lee		
Director	Clifton Lee		
Director	Sylvia Wilson		
Board Member	Darryl Butler		
Board Member	Venetta Douglas		
Board Member			
Board Member			

PROJECT APPROVAL

The undersigned accept this project plan as described within.

Print First and Last Name	Title	Signature	Date.
Print First and Last Name	Title	Signature	Date.
Print First and Last Name	Title	Signature	Date.
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Print First and Last Name	Title	Signature	Date.
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