Balance

Volume 3, Issue 4 August 2013

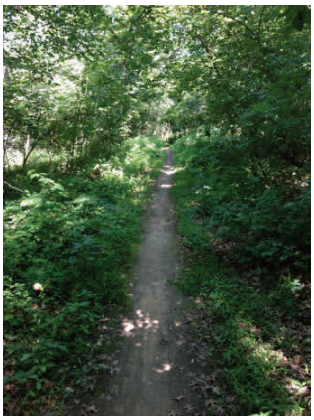
City of Winona Wellness

September Wellness Event

By Jay Rasmussen

Date: Saturday, September 14th, 2013
Time: 10:00 a.m. – Noon
Where to meet: Cul-de-sac on East side of Wincrest Drive. Take Garvin Heights Road to Conrad Drive, left at T, then right on Wincrest Drive.
What to bring: Bottle of water, bug spray, comfortable shoes, camera

Join your fellow city co-workers for an awesome opportunity to try out the Upper Trail system of Holzinger. The Park and Recreation Department has been diligently working on signage for the trails and the permanent signs should be in place prior to the walk. If you've never walked the Upper Trail, this is an opportunity to get an introduction to the beautiful trail system located in Winona's backyard. You can expect to capture some of the most breathtaking panoramic views that make Winona special. Don't forget your camera! Holzinger is one of Winona's best hidden secrets so please bring your kids, grandkids, or whoever you desire. This will be a great opportunity to start your weekend off right.



Presented by the City of Winona Wellness Committee.

Join us on Saturday, September 14th!!!

Special points of interest:

- Holzinger Trail Walk on Saturday, Sept 14 from 10 AM to Noon. Free.
- Morrie Miller 5K on Saturday Sept 14. Registration at 8 AM, run at 9 AM. Start at WSHS. $20
- WSU Warrior Waddle 5K, Registration at 7 AM, race at 8 AM. Lake Lodge. $18 (single entry with shirt), $12 (single entry no shirt), or $15 (group of 5+ with shirt)

Find out more about other local events at www.livewellwinona.org

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Jon Mullen Gets in Shape for Hunting Season

By Andrea Heuser (PM) and Deb Beckman (Benefits)

With hunting season just around the corner, it's time to start getting in shape for the walking, climbing and hopefully lifting and dragging of the catch. Jon Mullen (Park Maintenance) is ahead of the game and ready to go for bow hunting season which starts this month.

The new slimmer and trimmer Jon Mullen after losing 15 pounds since he started running this spring. Congratulations!

After 31 years of hunting Jon knows a few things and is a well established hunter with all the right gear. It's takes time to accumulate the proper equipment. The sport can start out as expensive but now, with everything in place, the only expense is a license. Jon focuses his efforts on turkey and deer. His friend Pat Durnen got him interested in the sport.

"The best part is being in the woods and enjoying the peace and quiet," Jon said. "Hunting gets you outdoors, it's tranquil and it helps to relieve stress." There is a lot of walking involved and moving a deer stand is a good work out too. "If you enjoy the activity, you don't realize you are doing any exercise." Jon hunts everyday from September to December regardless of rain, snow or shine. He is dedicated to the sport.

Jon said he remembers his best hunt like it was yesterday. "Four years ago on November 2 I was sitting in my tree stand on a windy day. I saw the biggest buck of my life. I shot a 15 pointer! It made the Boone and Crockett record books. It was a once in a lifetime moment!"

He prepares for hunting season by watching the outdoor channel, his favorite hunter is Stan Potts. "He has shot some impressive deer. Google him to see his trophies!" Jon also checks his game cameras, clears shooting lanes and runs to get in shape.

Jon started running this spring and has lost 15 pounds. He's been running every Monday, Wednesday and Friday after work. He started out slow and has gradually increased his distance over time. His wife Christina is also trying to get fit and so they are working together to get in shape. Jon said he cut back on soda and changed his diet by adding yogurt and a banana during the day. He also started doing pull ups and push ups. Jon said he will keep running throughout the winter since he is now addicted.

Jon is an advocate for getting kids involved in hunting through mentoring and offering archery and gun safety programs.

Test Your Firearm Safety Knowledge

International Hunter Education Association— http://homestudy.ihea.com/hsafety/finalquiz.htm

1. **The first step when raising your firearm into a tree stand is:**
   A. tie the hoist rope onto the sling or its bridle, if it does not have a sling.
   B. tie a short rope or cord onto the firearm to serve as a bridle to attach the hoist rope.
   C. put the firearm's safety on
   D. check that the gun is unloaded and prove it safe.

2. **The carry method that offers the best control of your firearm is:**
   A. cradle carry
   B. shoulder carry
   C. two-hand carry
   D. side carry

More questions on page 3

Coming in October…

Winona Police Department Cops and Kids Day

Host: Winona Police Department

When: Saturday, October 26th, 2013

Time: 9:00 a.m. to Noon

Location: East End Recreation Center

Attendance: Public event for the greater Winona Community.

Stations will be geared toward children ages 5 to 11.

Join the Winona Police Department as they host a morning of fun for all children in the community. Several stations will be set up around the East End Rec to give kids unique opportunities.

- Meet police officers and ask questions
- Train like a police officer by running an obstacle course made by the Winona PD
- Collect evidence by learning how to lift a fingerprint
- Go inside a squad car.

It is going to be a fun, first time event in Winona. Please save the date and don't miss this awesome experience for your kids!

Welcome to the City

Welcome Tina Smeby to the Library! Tina started August 9 as a Library Aide.

Annual Fire Department Open House Wednesday, October 9 from 6-8 PM

Some activities include:

- Sparky the Fire Dog will be available to greet children.
- A drawing will be held for each of our three shifts to give a student a ride home from school in a fire truck.
- Aerial operations will be conducted at each station.
- Our fire extinguisher simulator will be operating continuously at Central Station. Various equipment displays will be arranged for explanation by firefighters.
- CPR demonstrations will be provided by EMTs or Paramedics.
- Snacks and safety related material will be provided at each location.

September Anniversaries

Name	Years
Roger Sandsness, Engineering	40
Carrie Putzier, Finance	36
Allyn Burgmeier, Finance	33
Lucy McMartin, Comm. Devel.	26
Wendy Peterson, Police	21
Bill Pelowski, Street	16
Rick Bittle, Police	16
Tony Gagnon, Police	16
Tod Walters, WWTP	14
Deb Beckman, Benefits	10
Karl Noeldner, Engineering	10

Firearm Safety Quiz Continued

3. **If you should stumble or fall while carrying a firearm:**
   A. make every effort to control the direction of the muzzle so that it does not point at you or others.
   B. unload the firearm and check the barrel for obstructions.
   C. clean the barrel with a portable cleaning kit, if necessary.
   D. do all of the above.

4. **True or False: When crossing a fence with a firearm, the first step is always to unload your firearm and leave the action open.**

5. **When two hunters are crossing an obstacle such as a fence:**
   A. one hunter crosses over the obstacle first, and the loaded firearms are handed to him/her.
   B. both hunters cross over at the same time, each carrying their own firearm with the muzzles pointed in a safe direction.
   C. one crosses the obstacle first, and then the unloaded firearms with the actions open and the muzzles pointed in a safe direction are passed to him/her.
   D. None of the above are correct.

Answers on page 4

City of Winona Wellness

Contact Deb Beckman at City Hall, Jay Rasmussen at PD or Andrea Heuser at PM with ideas, events and submissions for the newsletter.

My Health My *Life*

We are on the Intranet:
www.cityofwinona-mn.com
Click Intranet at the bottom of the home page
Username: cityofwinona Password: employee
Click Intranet when the page refreshes.

Firearm Safety Quiz Answers:

1. D; **2.** C; **3.** D; **4.** True; **5.** C

City of Winona Wellness

To promote a culture of wellness through education, example and opportunities.

Committee Members:

Michelle Alexander, Council

Deb Beckman, Benefits

Julie Fassbender, Park and Rec

Andrea Heuser, Park Maintenance

Mark Allred, Fire

Jay Rasmussen, Police

Josh Squires, Police

Teresa Stevens, Library

Chad Ubl, Community Service

E-Cigarettes

By Andrea Heuser and Deb Beckman

You may have seen or heard about electronic cigarettes (E-cigarettes). What's the scoop with this fake cigarette that people smoke in non-smoking areas? E-cigarettes first came on the market in 2007 but have recently taken hold in the local area. The e-cigarette is essentially a battery operated cigarette that heats liquid nicotine into a vapor instead of burning tobacco to obtain the nicotine.

The liquid contains water, nicotine, FCC grade vegetable glycerin, natural and artificial flavors, and citric acid. The liquid is placed in a cartridge and cartridges are sold in packs like cigarettes or cartridges can be refilled. The claim of e-cigarettes manufactures is that a person gets the same stimulation of smoking a cigarette without inhaling all of the carcinogens and toxic chemicals of a traditional cigarette. However, there is not enough known about the side effects of inhaling pure nicotine.

Because e-cigarettes are essentially tobacco-free they aren't subject to US tobacco laws. Health officials are worried the e-cigs are appealing to children and encourage nicotine addiction although they are not directly marketed to children. E-cigarettes can be appealing to kids considering the bright packaging and also the flavors that mirror a candy store: chocolate, caramel, mint, strawberry and bubble gum to name a few. Studies done on the nicotine levels in e-cigs were inconsistent; some tests revealed more nicotine than a traditional cigarette. A national survey of students in grades 6-12 show use of e-cigarettes is up 4% from 2011 to 2012.

Winona State University currently has a moratorium on e-cigs as they have been a smoke-free campus for four years. The staff want students to know what's healthy and to make good choices. The main reason for calling for regulation of the use of e-cigs is the lack of testing and the fact that they are not FDA approved.

Australia, Canada, and Mexico have banned the use of the electronic cigarette and health professionals in the US are trying to so the same.

Information obtained from:
http://health.howstuffworks.com/wellness/smoking-cessation/10-facts-about-e-cigarettes.htm;
http://www.startribune.com/lifestyle/health/222546081.html