Balance

Volume 3, Issue 6 November 2013

City of Winona Wellness

Special points of interest:

- November 23 from 10 to 4 is the Winona Art Walk where you can tour Winona area art studios. A variety of artists will display and sell their work for the holiday season. Free. Click on the Live Well link below to learn more.
- Bill's Annual Turkey Trot on Thursday, November 28 at the Visitor's Center on Huff St. Meet at 9 AM. Free, no registration, just show up to run or walk.
- Find out more about these and other local events at www.livewellwinona.org

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By Teresa Stevens

The November Potluck Lunch is not only a chance to have a nice meal together but a thankful celebration. We City Employees have a lot to be proud of this year:

- The Active Wellness Center opened to employees;
- The Franklin Street project;
- Cops & Kids Day event;
- Successful fire and crime control;
- Our Parks: bike path project and park improvements including new pavilion rooftops;
- Library: foundation project & history documentation unveiling;
- new City website;
- plus many other wonderful projects;
- New employees in 2013: Jessica Wojahn (Finance), Chris Landsom (PT FD), Andrew Meyer (PT FD), Brad Bartelson (PT FD), Myron White (CD), Corbin Flom (SC), Rusty Church (CG), Paul McKay (PD), Brandon Czaplewski (FD), Alex Lossen (Water), Les Ladewig (PD), Tina Smeby (Library), Joseph Carroll (PD)

Bring pictures to share as well as any dish, chips or simply your company, whether you send an advance notification or not.

The Wellness Committee looks forward to seeing you on Wednesday, November 20th 11:30am-1:00pm at the Masonic Theatre 3rd Floor Dining Room. Tours and viewings of the historic drops will also be available.

To help with meal planning, please send an email to Teresa Stevens at tstevens@selco.info to let her know what you will be bringing or to see what is still needed.

Cops and Kids Day Success

Story by Jay Rasmussen (PD), Photos by Andrea Heuser

The idea was to simply have fun, show off some of our resources and equipment, and gain the trust of the youth. These concepts were the focal points for the Winona Police Department's first annual "Cops and Kids Day." In the end, mission accomplished!

Approximately 150 kids from all over the community came to the East End Rec Center on October 26th to take part in a host of activities put on by the police department. An obstacle course was set up utilizing the outdoor park area. The kids received a junior police officer badge when done.

Children also had the opportunity to meet with Neko, the department's only K9, and his handler, Officer Brad Barrientos. Questions ranged from how fast Neko can run to how his nose works. Sgt. Kevin Kearney provided parents with a thumb drive with their child's fingerprints, a photo, and other pertinent information that the police might need should something happen to the child.

Perhaps one of the coolest attractions was the evidence station set up by Evidence Technician Adam Brommerich and Officer Travis Lapham. Kids were able to get a firsthand peek at how the police gather evidence. Some of the items on display were fingerprint evidence, DNA evidence, counterfeit money, and how the use of flashlights and cameras assist police officers every single day. Kids were surprised and excited to see how the tools used in evidence processing can help catch the bad guy!

Also on display were an armored SWAT vehicle, K-9 and squad cars. Kids were given the opportunity to go inside every vehicle and get a real life glimpse at the office of a police officer.

Over one hundred kids went home with prizes from apparel to gift cards. Over two dozen local businesses, including several universities, provided items to the police in order to show support for the day.

This was truly amazing and was largely a reality due to the efforts of many officers from the Winona Police Department who volunteered their time. Thank you also to the Park Recreation team and the Wellness Committee for their help.

Stay tuned for the 2nd annual Cops and Kids Day!

Inside the Emergency Response vehicle

Officer Paul McKay waits for a recruit to climb over the wall on the obstacle course.

Above: A friendly push up challenge between Jay Rasmussen (PD) and Mark Allred (FD). It was a tie!

Above: Officer Doug Cichosz shows how the ERT remote control camera works. The three wheeled gadget and camera are made in Winona!

Sgt. Kevin Kearney puts information together for parents at the Comp U Kids station.

Below: Neko plays with a toy while kids ask questions.

Officer Adam Brommerich discusses evidence collection with attendees.

Please welcome Joseph Carroll, Police Officer, to the City of Winona on November 18.

November Anniversaries

Name	Years
Mark Moeller, CD	38
Keith Loth, PM	23
Michael Hamernik, Water	23
James Sjoberg, PD	19
John Rogge, CG	16
Curtis Hoffmaster, WWTP	14
Daniel Welch, PM	12
Amy Drazkowski, CM	9
Thomas Bublitz, ST	6
Daryl Anne Stangl, LIB	2
Paul Douglas, CM	1

13 Thanksgiving Trivia Questions for 2013

From: www.buzzle.com

Show off your knowledge or annoy the family with these fun facts. Answers on page 4.

1. With what did the Pilgrims eat their first Thanksgiving?
2. Thanksgiving is only celebrated in the United States. True or False?
3. The name of the famous rock where the pilgrims landed?
4. The Greek Goddess of Corn is?
5. What foods were served at the first Thanksgiving?
6. The original Thanksgiving lasted how long?
7. What vegetable did the pilgrims have available for Thanksgiving but did not use because they thought it was poisonous?
8. What Indian tribe was invited to spend Thanksgiving with the pilgrims?
9. The first departmental store that held a Thanksgiving parade was?
10. What was the name of the ship that the pilgrims came over on?
11. The longest balloon in the Macy's Thanksgiving Parade is?
12. What year did the first Macy's Thanksgiving Parade start?
13. The first Thanksgiving football game was started by which team?

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.

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

Trivia Answers

1. Their hands and with spoon and knife
2. False. It is also celebrated in Canada on the second Monday of October.
3. Plymouth Rock
4. Demeter
5. Deer, codfish, and boiled pumpkin
6. 3 Days
7. Potatoes
8. Wampanoag
9. Gimbel's Department Store in 1920, Philadelphia.
10. Mayflower
11. Superman - 300 ft.
12. 1924
13. Detroit Lions, 1934

Tips to Avoid Feeling as Stuffed as the Turkey

Excerpt from Dr. Jane Sadler's Blog, http://healthblog.dallasnews.com/2012/11/7-ways-to-avoid-feeling-overstuffed-like-your-thanksgiving-turkey.html/

Eat breakfast (and lunch if your Thanksgiving dinner is later in the evening). People who skip breakfast tend to eat more throughout the day because the brain's "reward center" becomes over-active when high calorie foods were presented. Skipping breakfast will cause you to become hungrier and to preferentially pick high fat, high calorie foods over healthy choices.

If it is white or yellow, don't eat it (unless it's turkey)! White foods such as mashed potatoes, breads, butter, and carbohydrate -based processed foods generally have higher fat content and less nutritional value. *Of course*, there are a few exceptions to this rule (bananas and squash for example).

Avoid sweet drinks with your meal. Sweetened soft drinks can have 150 calories or more per 8-12 ounce serving. Remember that **diet drinks are not much better** as they "fool" the stomach into thinking it is getting calories.

Enjoy either white or dark turkey meat without guilt. The difference is only about 4 more calories and 1 more gram of fat per ounce in dark versus white meat. The key may be to avoid the skin, which has considerably more fat and calories. However, in limited quantities, the skin has some beneficial fats, which are not too bad. Turkey is loaded with protein and low in fat, so enjoy!

Mix it up with cranberry sauce! At approximately 110 calories in ¼ cup, it is *packed* with vitamin C. Just be careful if it has nuts as this adds more calories.

Enjoy stuffing and other sides in very small quantities. Here comes all the fat and carbohydrates! 1 cup of stuffing has about 350 calories; 1 cup of mashed potatoes has 250 calories. Sweet potatoes are a good choice if not surrounded by sweet marshmallows, brown sugar, etc. Sweet potatoes are a great source of beta-carotene but casseroles can contain up to 300 calories or more per cup.

Instead of a nap after your large meal, enjoy a walk. Start a family tradition of a long walk after Thanksgiving and Christmas meals. It keeps the heart pumping and makes you feel less full and more active for the rest of the day. While each mile burns approximately 100 calories, we would have to walk all day long to burn off the calories we consume on turkey day!