



## **AGENDA FOR PARKS AND RECREATION COMMISSION**

A Parks and Recreation Commission meeting will be held on **Monday, January 23, 2023 at 5:45 PM**  
in the **City Council Chambers 2nd Floor City Hall 819 Superior Ave Tomah WI 54660.**

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### **Call to Order - Roll Call**

### **Approval of the Minutes**

[Parks](#) and Recreation Commission Minutes November 28, 2022

### **Agenda Items**

[North](#) American Squirrel Association for potential of T.E.A.C.H. Center of Tomah and possible land allocation.

[Winnebago](#) Park Entrance Sign

[Tomah](#) Parks and Recreation Program Report

Adjourn

**NOTICE:** It is possible that a quorum of members of other governmental bodies of the municipality may be in attendance at the above-stated meeting to gather information. No action will be taken by any governmental body at the above-stated meeting other than the governmental body specifically referred to above in this notice. Please note that, upon reasonable notice, efforts will be made to accommodate the needs of disabled individuals through appropriate aids and services. For additional information or to request this service, contact Becki Weyer, City Clerk, at 819 Superior Avenue, Tomah, WI 54660.

## MEETING MINUTES - CITY OF TOMAH

The City of Tomah **Parks & Recreation Commission (PRC)** met on Monday Nov 28, 2022 at 5:58p.m. in City Council Chambers. The meeting notice was posted at City Hall in compliance with the provisions of Section 19.84 Wisconsin Statutes.

Call to order and roll call; present: Dir. Joe Protz, Oak Moser, Lamont Kiefer, Josephine Piper (remotely), Dean Peterson, DeDe Nelson (remotely)

The following members were absent: Dustin Powell, Shirley Galstad-Roh, Donna Evans

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Others in attendance:

1. Act on Minutes of 10/24/22 regular meeting. A motion by Peterson, and second by Kiefer, to accept the minutes of the Oct 24, 2022, regular meeting. Motion carried.
2. Design/Construction Management Agreement for Ice Center/Multi-Purpose Building Addition: Dir Protz reviewed Design/Construction Agreement proposed by Keller Inc. Projected project completion Nov 2023. After lengthy discussion, motion by Moser, second by Kiefer, for Dir Protz to:
  - a. Verify item 7 (Price and Terms) of agreement with Keller to determine if the design fees, construction management fees, general condition fees, civil engineering and soil boring fees are included in the estimated budget range of \$975,000-\$1,150,000, and
  - b. if construction bids exceed available funding for this project and the project does not go forward, or is reduced in scope to match funding, what fees or costs would the City of Tomah experience regardless of outcomeand for PRC to forward this project plan to SET and the City Council for evaluation, recommending approval providing the above budget questions are answered and the project can be completed within the available funding (1% of room tax revenue previously approved by the City Council).
3. Park and Rec Program Report: Dir Protz reviewed the most recent Parks Program Report.
4. Discussed any affairs and business of the Tomah Parks and Recreation Department. None presented.

a.

The Meeting was adjourned at 6:35PM. Next regular meeting to be held Jan 23, 2022, @ 5:45PM, City Council Chambers.

Respectfully Submitted: Oak Moser, Nov 29, 2022.

## **COMMISSION MEETING REPORT**

**Agenda Item:** Request by North American Squirrel Association for a potential T.E.A.C.H. Center of Tomah and possible land allocation.

### **Summary and Background Information:**

(appropriate documentation attached) -

- Members of the North American Squirrel Association will present the possibility of a T.E.A.C.H. Center of Tomah (see enclosed write up) and looking for partnership with the City of Tomah for Land allocation and ownership.
- If potential for the partnership with the City and other groups, n.a.s.a. would like to fundraise for this endeavor.

**Fiscal Note:** None at this time, n.a.s.a. would fundraise for the facility. The future cost would be for operations and utilities.

### **Recommendation:**

Discuss and make any recommendations to the S.E.T. Team and City Council.

Joe Protz  
Joe Protz, Director

1-18-2023  
Date

## T.E.A.C.H. Center of Tomah

### Therapy Empowers Adults, Children & Horses

**Proposal:** A premier destination in Tomah that utilizes Equine-assisted therapy and certified P.A.T.H (professional association of therapeutic horsemanship) instructors to improve the lives of adults and children with physical disabilities and mental health. A time-tested program with impressive results that will change the lives of all who participate. Owned by the City of Tomah with programs operated by B.R.E.A.T.H.E. (a renter) and used by many area groups and organizations. Income is generated by therapeutic programs, conferences, trainings, etc.

Who could benefit? A multi-use facility constructed with proper planning will include disabled adults and children, V.A. patients, L.D. and E.D. students, FFA, 4H, THS High School Rodeo, n.a.s.a. events and activities, the City of Tomah, the Tomah Area School District, Handishop Industries, B.R.E.A.T.H.E. (Baraboo River Equine-Assisted Therapy), P.A.T.H. training and conferences, Mayo Clinic Health System, Gunderson Health Systems, Corporate Trainings, Women's Retreats, Team Building Programs for businesses and college RA programs, Able-bodied riding programs, Hippotherapy and Mental Health Programs.

A few specific examples include: accident victims, ADHD, Angelman Syndrome, Asperger's Syndrome, Autism, Brain Injuries, Cerebral Palsy, Chromosome Disorders, Developmental Delay, Down Syndrome, Emotional Impairment, Hearing Impaired, Learning Disabilities, Multiple Sclerosis, Paralysis, Parkinsons, PTSD, Schizophrenia, Seizure Disorders, Spina Bifida, Spinal Cord Injuries, Stroke.

**WHAT:** An indoor riding arena 80' x 200' attached to a classroom/conference room with an apartment above for a stable manager, attached to a 12-stall barn. An outdoor riding arena with grandstands, horse runs off the barn and electrical hook-ups for trailers & camping.

The existing B.R.E.A.T.H.E. program operates on 5 acres and is out of space. The program would move to Tomah. Currently they have 40 riders a week, 75 volunteers, held over 600 riding lessons and have 3 paid staff. Since n.a.s.a. is unable to charge for events and activities B.R.E.A.T.H.E. provides not only the avenue to generate revenue but also has certified instructors to run programs. Their program runs Monday-Friday March to October but could be expanded if a proper indoor arena is constructed. Or the city could use the indoor area from November to March for gymnastics or wrestling if you moved a floor in. The weekends would be open for other revenue generated events such as conferences, trainings, conventions, weddings, rentals, riding lessons, rodeo and saddle club events, and more.

A premier facility exists in Fond du lac and was owned by Free Spirit. It was purchased by Rawhide Ranch who operates the facility and draws children from schools as far away as Green Bay, Milwaukee and West Bend. We are invited to tour their facility and learn more about the programs they offer.



# Holmen student not defined by disability

EXTRA EFFORT AWARD

PAT MCKNIGHT  
Special correspondent

Holmen High School senior Irina Bradley credits horseback riding and theater with helping her move beyond her disability. Because of her daunting efforts to not let spastic diplegia cerebral palsy define her life, Bradley has been nominated for the La Crosse Tribune's Extra Effort Award. The staff members of the Holmen High special education team nominated Bradley by noting, "Throughout her life, Irina has been challenged with adversity and meets it head-on with a positive attitude. From mobility limitations to learning needs, Irina has had to work twice as hard as her peers to achieve her personal and academic goals." The nomination team also stated Bradley serves as a role model for other students through the high standards she

Please see BRADLEY, Page A6

IN DEPTH: Read about the 2022-23 Extra Effort honorees featured so far by pointing your smartphone at this QR code and tapping the link. NEWSVU



PROVIDED

Irina Bradley has a special bond with her horse, Stymie, because he assists the Holmen High School senior with her mobility issues.

## Bradley

From A1

sets for herself and demonstrates strong self-advocacy, work ethic and communication skills.

The special education team members observed Bradley, "... is willing to ask for help when she needs it, even if it means meeting with teachers before and after school hours. The quality of work Irina completes exceeds expectations. Additionally, her work is always completed on time in all of her classes. In spite of the immense effort and time she puts into her school work, Irina frequently offers to mentor other students who are struggling to understand academic concepts."

Putting a light-hearted look on spastic diplegia cerebral palsy, a neuromuscular disorder, Bradley says sufferers might have a tendency to trip over things, even nonexistent objects. She describes how the condition can make her as jumpy as a bird but

tough as nails.

"I like to compare it to going to a dance class for the first time with all professionals," said Bradley. "No matter how hard you try to keep up, you cannot match up. To really get a sense, put some music on. Look up a dance, but instead speed up the play time. Hard right? This is what I feel every day."

Assisting Bradley in training her body to "get in the dance" is her horse, Stymie. Riding Stymie provides Bradley with movement that mimics the bio-mechanics of human walking. Her horse's gaits help loosen her body.

"I have to be constantly aware of my body in space, and being on my horse aids in that," said Bradley. "I am getting therapy while having fun. It's a win-win for everyone."

Through the equine-assisted therapy Stymie provides, Bradley has learned every large movement a body makes is based upon smaller movements and all must flow together at the same time.

"I am very tight in my hamstrings, and I have a bit of a weak core, so being on my horse has really helped me gain more strength in those areas," said Bradley. "I have also had to learn how to isolate different parts of my body such as my legs and trunk so as not to confuse my horse. Posting at the trot is a great example. I have to keep my core engaged but not stiffen up other parts of my body all while up on a moving animal. It's a real mind game."

Because of his effect on her life, it's easy to understand the close bond Bradley has with her horse.

"Stymie is incredible; I do not know what I would do without him," said Bradley. "Patient, curious and a bit sassy, at times, he has the traits any horse owner would envy. As with any horse he has a mind of his own, and depends on me to keep him safe. I would not call myself an automatic leader, but having Stymie as a partner has built my confidence because he expects

me to be there for him every day. Ignoring or fighting with him never works and leads to misbehavior immediately. Because of him I have learned to send clear signals, watch his body language and to mean what I ask for."

Bradley's involvement in Holmen High School's theater program also fosters her self-awareness. As a crew member for her school's fall production of Little Women, Bradley painted a set and moved props around during scene changes.

Her theater instructors say Irina is one of the most productive members in their crew because she seeks out projects to work on and stays focused.

Working as a crew member was a new experience for Bradley, and it helped her determine she is better suited to acting.

"Acting really challenges me to think outside of my circumstances and step into a character," said Bradley. "After the production was over it became clear that I was not the right person for

the crew, not just because of the physical part but the emotional toll as well. I craved the stage; the chance to become someone else for a night. I was meant to be an actress."

Because of her interest in being on the stage, Bradley is always looking for an opportunity to audition at La Crosse Community Theater. When not in the theater or with her horse, Bradley works out at Unity Fitness twice a week before school.

"The instructors are helpful and always make me laugh," said Bradley. "Even when I feel lazy, I never regret going. I feel good knowing I am improving my body along the way."

When asked about what she would like others to know about her, Irina states, "I may

not be the fastest or strongest, but I have a lot of determination. I am not afraid of falling down. Stand back, and let me show you what I can do."

After high school graduation, Bradley is planning to attend Western Technical College to receive some general credits before going to a four-year college to pursue a degree in drama therapy.

Extra Effort partners with the La Crosse Community Foundation. Your non-taxable donations will help boost the scholarships the students receive.

To give online visit at [www.lacrossecommunityfoundation.com](http://www.lacrossecommunityfoundation.com). Checks can be written to Extra Effort Fund and mailed to the Foundation at 401 Main St., Ste. 205, La Crosse, WI 54601.

LACROSSETRIBUNE.COM



GRAND STANDS

BLEACHERS

OUTDOOR  
RIDING  
ARENA  
80' x 200'

OUTDOOR  
HORSE  
RUNS

INDOOR  
ARENA  
80' x 200'

STORAGE  
STL  
T.B.D.

16'  
Overhead  
Door

16'  
Overhead Door

Observation  
Window

CLASSROOM  
30 x 40

MENS  
12 x 12

WOMENS  
12 x 12

MECH  
10 x 14

CUSTOMER  
10 x 14

Kitchen  
10 x 20

TRUCK  
STORAGE  
10 x 20

INDOOR WALK  
GROUND PROGRAM  
80' x 70'

8' x 8' Door Run

EACH STALL  
12' x 12'

Hot/Water  
Shall

HAY  
STORAGE  
ABOVE  
BARN

BARN IS  
56' x 84'

BARN  
MANAGER'S  
APT.

Deck  
6 x 20

LIVING  
Room  
6 x 10

Bathroom  
10 x 13

6' x 10

6' x 10

6' x 10

Down

40' x 44'  
storage  
or  
Meeting Hall  
Future Apt?

40'

T.E.A.C.H. CENTER OF TOMAH

385'



## **COMMISSION MEETING REPORT**

**Agenda Item:** Winnebago Park Entrance Sign

**Summary and Background Information:**  
(appropriate documentation attached) -

- Attached is a draft for Winnebago Park Entrance sign.

**Fiscal Note:** Funded by either Park Projects or Park Improvement account.

**Recommendation:**  
Discuss and make any recommendations for the signage.

*Joe Protz*  
Joe Protz, Director

1-18-2023  
Date



10' X 8' SIGN: \$1656.00  
 POSTS, FRAMEWORK AND HARDWARE: \$1200.00  
 INSTALLATION: \$900.00  
 DESIGN/SET-UP: \$150.00  
 HOLE BORING PROVIDED BY CITY

**TOTAL COST WITH INSTALLATION: \$3906.00**

**zingler**sign

## **Parks and Recreation PROGRAM REPORT for January 2023 Park Board**

### **Other Parks**

- Maintenance on equipment and buildings
- Snow Removal on trails and sidewalks
- Winnebago Park Project -The bathroom construction continues throughout winter and the concrete plaza, and final dirt work/seeding will be completed in Spring.
- Working with Town and Country Engineering on walking trail improvement at Fireman's Park and possible sites for Disc Golf Course.
- Working with site engineer for bid documents for Ballfield Complex

### **RECREATION PROGRAMS**

- Winter programs-
  - Youth Basketball 1<sup>st</sup>-4<sup>th</sup> continues with 116 participants
  - Adult Basketball continues with 14 teams
  - Women's Volleyball began on January 8<sup>th</sup> with 8 teams
  - Open Gyms and Open Floorball continue
  - Working with Tomah Rotary Club for 13<sup>th</sup> Annual Freeze Fest

### **AQUATIC CENTER**

- Pool Closure and Winterization

### **RECREATION PARK**

- December Events-Dec 2,3 Glen Miller Auction, Dec 9/10 Cat Show, Dec 18<sup>th</sup> Special Needs Holiday Party.
- January-6+7 Glen Miller Auction, 13<sup>th</sup>-15<sup>th</sup> Monroe Tavern League Pool Tournament, 21<sup>st</sup>-23<sup>rd</sup> Rabbit Show, 27<sup>th</sup>-29<sup>th</sup> Gun Show
- February- 4<sup>th</sup> Freeze Fest, 10-11<sup>th</sup> Glen Miller Auction, 18-19<sup>th</sup> Medieval Reenactment, Feb. 25 Lions Club Bed Building,
- Ice Center has Ice and Tomah Youth Hockey continue with programing
- Exhibit Building host Tomah High School and Middle School Gymnastics Program.
- General upkeep and maintenance on buildings
- Working with Keller Inc., Tomah Youth Hockey on Ice Center Addition.

*Joe Protz*

**Joe Protz**  
**Director Tomah Parks and Recreation**