



AGENDA FOR PARKS AND RECREATION COMMISSION

A Parks and Recreation Commission meeting will be held on **Monday, July 31, 2023 at 5:45 PM** in the **Council Chambers at City Hall, 819 Superior Ave, Tomah, WI.**

1. Call to Order - Roll Call
2. Approval of the Minutes
- [3.](#) Minutes
4. Agenda Items
- [5.](#) Request by Tomah Health to set up informational table at Gillett Park during Farmer's Market
- [6.](#) Request by Monroe County Safe Communities Coalition to do an Event and place flags and banner in Gillett Park
- [7.](#) Tomah Parks and Recreation Program Report
8. 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 June 12, 2023 at 5:45p.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, , Dean Peterson, Dustin Powell, Donna Evans, DeDe Nelson, Shirley Galstad-Roh, Josephine Piper (via Zoom)

The following members were absent: Travis Scholze

Others in attendance: Molly Powell, Kirk Arity, Ryan Brookman, Joey and Heather Breske, Jason Stephenson (via Zoom), Bob Hendricks, Seth Yarco

1. Act on Minutes of 4/24/23 regular meeting. A motion by Galstad-Roh second by Peterson, to accept the minutes of the Apr 24, 2023, regular meeting. Motion carried.
2. Allocation of Room Tax for new Ballfield Complex (Flare Ave Project) and Tomah Ice Center: Dir Protz and City Treasurer Molly Powell reviewed room tax revenues, historic averages, breakdown of the 8% room tax and answered questions pertaining to the Proposed Ice Center expansion and the Ballfield Project plans and costs. Of the 4% (of the total 8% of room tax), current planning called for 1% of the room tax to fund the Ice Center work, 1% to fund the Ballfield Project, 1% to continue to fund Rec Park in general, and 1% available and intended to cover the remaining Ballfield cost and potentially the Ice Center work. After discussion and questions and answers, motion by Peterson, second by Moser to recommend to the S.E.T. and City Council that .75% of the currently unallocated room tax be used to fund the Ballfield Project and an additional .25% be applied to the Ice Center project, leaving a breakdown of the 4% of room tax as; 1.75% to the Ballfield Project, 1.25% be applied to the proposed Ice Center locker room expansion, and 1% remain for general expenses at Rec Park. Motion carried.
3. New Public Athletic Field Bids: Dir Protz reviewed the bids to construct the ballfields and the concession/restroom facilities. Motion by Moser, second by Evans, to recommend Committee of the Whole/City Council, with review from the S.E.T. award Contract #1 with Alternate A to Gerke Excavating (only bid received of four requested) for the ballfield construction and award Contract #2 to All American Do It Center (lowest of three submitted bids of four requested) for construction of restroom/concession facilities. Motion carried.
4. Potential use of Ambulance Garage and Fire Station for Parks and Rec Programming: Dir Protz proposed using the ambulance garage and fire station (both operations soon to move to the new EMS facility) for space for Parks and Rec Programming. Programs discussed included strong bodies and other, as well as possible rental to private organizations. Motion by Moser, second by Peterson, to recommend that S.E.T. and City Council consider using the current ambulance garage and fire station for Parks and Rec programming. Motion carried.

5. Tomah Parks and Recreation Program Report: Dir Protz reviewed the monthly Program report.
6. Discussed any affairs and business of the Tomah Parks and Recreation Department. None presented.

The Meeting was adjourned at 6:25PM. Next regular meeting to be held Monday, July 24, 2023, @ 5:45PM, City Council Chambers.

Respectfully Submitted: Oak Moser, June 13, 2023.

COMMISSION MEETING REPORT

Agenda Item: Request from Tomah Health to set up informational table at the Farmer's Market.

Summary and Background Information:
(appropriate documentation attached)-

- See attached information regarding the request

Fiscal Note:

Recommendation:
Discuss and take action on request.

Joe Protz
Joe Protz, Director

7-27-2023
Date

FW: Tomah Health - September Fruit and Veggies Awareness Month

Rachel Kreighbaum <rkreighbaum@TOMAHWI.GOV>

Wed 7/19/2023 12:24 PM

To: Joe Protz <jprotz@TOMAHWI.GOV>

📎 2 attachments (885 KB)

Fruit & Veggie Bingo Challenge (6).pdf; Fruit & Veggie Recipes.pdf;

She forgot to cc you. 😞

Rachel Kreighbaum
City of Tomah Deputy Clerk



Phone: 608-374-7510 Email: rkreighbaum@tomahwi.gov

Web Address: <https://www.tomahwi.gov/clerk> 819 Superior Ave, Tomah, WI 54660

From: Whitney Z. Sanjari <WSanjari@tomahhealth.org>
Sent: Wednesday, July 19, 2023 12:23 PM
To: Rachel Kreighbaum <rkreighbaum@TOMAHWI.GOV>
Subject: RE: Tomah Health - September Fruit and Veggies Awareness Month

Thanks so much Rachel!

Below is the information I have. Please let me know if there are additional questions.

The Monroe County Nutrition Coalition would like to raise awareness that September is National Fruit and Veggies Month. The Coalition was formed years ago based off of the results from the Compass NOW Community Needs Assessment and Monroe County Community Health Improvement Plan (CHIP). Nutrition was identified as a key issue to address in Monroe County. The Monroe County Nutrition Coalition vision is "A healthier Monroe County, one bite at a time" and the mission is "To build a healthy community through a comprehensive initiative to promote good nutrition and access to healthy foods."

As part of our mission, we'd like to attend the Tomah Farmer's Market and share our Fruit & Veggie Bingo Challenge. This is a free challenge for area residents to participate in to promote fruit and veggie consumption in Monroe County. Once participants have a 5 in a row bingo, they can email a picture of their form to moco.health@co.monroe.wi.us (this is a Monroe County Health Department email) by the end of September to be entered to win prizes. I have attached the Bingo Challenge Form (there is a box on there that can be checked with a visit to the farmer's market!). Another coalition member will be attending the Sparta Farmer's Market to promote the Bingo and National Fruit & Veggies Month as well.

At our table, we'd also like to provide the free Fruit & Veggie Bingo Challenge Sheets and samples of fruit and veggie recipes. These samples would be prepared in the state certified hospital kitchen and stored to proper temperatures. I have attached copies of the recipes we'd like to provide samples of. We would like to attend Saturday, August 26th, Saturday, September 9th, and Saturday, September 16th if possible and the thought would be to highlight one of the three recipes each week.

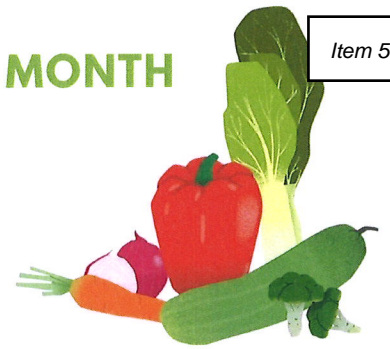
Please let me know if there are any questions or issues!

SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH

Item 5.

Fruit & Veggie

BINGO CHALLENGE



Name: _____ **Email:** _____

Phone Number (to contact if you win): _____

Directions: Complete the challenges to get a 5 in a row Bingo. Then, email a picture of your bingo card to moco.health@co.monroe.wi.us by September 30, 2023 to be entered to win prizes!

Make sure your picture includes the contact information section above.

Try grilling or sautéing vegetables on the grill or stove	Try a lettuce wrap	Make a cauliflower pizza crust	Look up how many fruit servings are in 1 medium apple & write your answer below _____serving(s)	Make a fruit pizza
Encourage a friend to complete the Bingo Challenge	Eat a vegetable at dinner	Eat a dessert with fruit in it	Make a veggie omelet	Grill fruit like peaches or pineapple
Visit the farmer's market	Eat a vegetable at breakfast	Tell someone that September is National Fruit & Veggies Month	Try roasting vegetables in the oven	Try frozen grapes
Try a new vegetable today	Make 1/2 your plate fruits & veggies	Try a fruit like grapes or pears with cheese	Eat a salad	Grill veggie kebabs
Try a new fruit or veggie recipe from foodhero.org	Experiment with veggie noodles such as zucchini	Make a fruit smoothie	Make 1/2 your plate fruits & veggies	Try a new fruit

Brought to you by the Monroe County Nutrition Coalition

Kale Crunch Salad

Apple Cider Vinegar & Dijon Dressing

1 shallot, finely chopped
 3 tablespoons apple cider vinegar
 2 tablespoons maple syrup
 1 tablespoon Dijon mustard
 1/4 cup extra virgin olive oil

Ingredients for Pasta Salad

4 cups curly leaf kale, stemmed and chopped
 2 cups green cabbage, shredded
 ¼ cup sliced almonds
 1/4 cup shaved parmesan

Directions:

1. Whisk the chopped shallots, apple cider vinegar, maple syrup, and Dijon mustard in a small bowl. Slowly pour the olive oil in with a steady stream while whisking continuously. Keep refrigerated below 40° F until ready to use.
2. Preheat the oven to 300°F. Place the almonds on a baking sheet in a single layer. Toast in the oven for 6-8 minutes. Keep an eye on the almonds to make sure they do not burn. Once you smell a nutty aroma then they are ready.
3. Toss the chopped kale in a large bowl. Massage the kale with your hands by pinching and squeezing for a few minutes until tender and soft. Pour the vinaigrette over the cabbage. Then, add the cabbage, toasted almonds, and shaved Parmesan cheese to the kale. Keep refrigerated below 40° F.

Mojito Fruit Salad

Ingredients:

4 cups watermelon
 1 pounds strawberries, hulled and diced
 2 cups blueberries
 ¼ cup mint, chopped

Dressing Ingredients:

¼ cup fresh lime juice
 2 tablespoons powdered sugar

Directions:

1. Combine the watermelon, strawberries, blueberries, and mint in a large bowl.
2. Whisk together the lime juice and powdered sugar.
3. Pour the dressing right before service over the fruit and mix gently to incorporate. Serve immediately.



Kamut & Vegetable Salad

Ingredients:

3 cups kamut, cooked
4 green onions, white and green parts, thinly sliced
2 cups carrots, grated
1 red bell pepper, seeded and diced
1 green bell pepper, seeded and diced
2 tablespoons fresh parsley, chopped
1/2 cup edamame, thawed
1/2 cup dried cranberries
1/2 cup sunflower seeds

Dressing Ingredients:

1 tablespoon red wine vinegar
1 tablespoon lemon juice
1/2 cup olive oil
1 garlic clove, minced
1 teaspoon salt
1 teaspoon black pepper

Directions:

1. Mix together the kamut, scallions, carrots, bell peppers, parsley, edamame, cranberries, and sunflower seeds in a large bowl.
2. Whisk together the dressing ingredients.
3. Pour the dressing over the kamut and vegetables. Toss to coat.
4. Refrigerate below 40°F before serving.

What is Kamut?

Kamut is a type of ancient wheat with a rich, nutty flavor. It has larger grains than modern wheat and a firmer texture. It has more protein, amino acids, vitamins, and minerals (including selenium, zinc, and magnesium) than regular wheat. Kamut is not gluten free as it is a wheat product.

If you don't have any kamut, you can substitute barley or another grain.

COMMISSION MEETING REPORT

Agenda Item: Request from Monroe County Safe Communities Coalition to do an Event and place flags and banner in Gillett Park

Summary and Background Information:
(appropriate documentation attached)-

- See attached information regarding the request

Fiscal Note:

Recommendation:
Discuss and take action on request.

Joe Protz

Joe Protz, Director

7-27-2023

Date

August 31 OD Awareness Day

Lisa McCormick <lisaamccormick4@gmail.com>

Mon 7/24/2023 12:16 PM

To: Joe Protz <jprotz@TOMAHWI.GOV>; Lisa McCormick <lisaamccormick4@gmail.com>

Hello Joe,

The Monroe County Safe Communities Coalition would like to do an event on Thursday, August 31 for Overdose Awareness Day in Gillett Park. Our plan was to have 120 (the number of OD deaths per month is WI) small purple flags (the color for OD Awareness Day and Recovery Awareness Month) placed in the ground along with a banner (4x8) in the front of the park. Similar to what you do with Domestic Violence Awareness Month. The flags we ordered are the small metal flags used for marking gas lines, etc. We would like to put the flags and banner up on Wednesday, 8/30 so they are up all day Thursday and then we would like to keep them up for the month of September since that is Recovery Awareness month. Our banner would reflect both Awareness events.

Then on Thursday, 8/31 from 3-6pm we would have people there with tables to support this event from organizations like the Monroe County Safe Communities Coalition, UW Extension, Next Steps for Change, Sober Eyes, Dept of Health, Harm Reduction, EMT/FD and Police support. We are still working on other organizations to join us as well. This first year it will just be informational. Next year we might add speakers or a candlelight service. Guests will be able to write a name on a flag of someone who has overdosed and died in memory by emailing us or being there that day.

We plan to have this event being held in 2 locations this year - both Sparta (in front of the municipal building) and Tomah. LaCrosse will be doing their own event through Coulee Recovery Center. We hope to expand the event annually with possibly speakers, memorial service, etc.

As for putting up the banner - do you have 2 poles we can put into the ground to hang it up or do we need to provide them? Is there a place you would prefer this to be setup? We were going to bring our own tables and setup along the sidewalk/fountain area. We would be done at 6pm and cleaning up and out by 6:30pm.

Thank you so much for supporting this community event.

Lisa McCormick

MCSCC Chair

Other Parks

- Maintenance on equipment and buildings
- Park Clean Ups
- Winnebago Park New Bathroom is open, does need some final things to be completed.
- Waiting on contractor to install shade structure for Rotary Plaza, then we will install music play.
- Assisted with set up and take down for n.a.s.a. squirrel fest.
- Will assist with set up and take down for National Night Out August 1st @ Recreation Park
- Will begin mowing and clearing areas for potential disc golf course on Brandon St.
- Busy shelter season
- Contracts have been signed for new ballfield complex

RECREATION PROGRAMS

- Summer programs participation- T-ball 91, Kids Running 153, Tennis 59, Adult Softball 7 Teams
- Assisted with the Community Kindness Classic on June 17th.
- Working on fall programming.
 - Co Rec Softball, Youth Football, Youth Volleyball?, Open gyms, etc.

AQUATIC CENTER

- Opened on June 12th Closes August 13th.
- Swim Lessons and swim team began on June 19th.
Swim Lesson Registration 308 Participants
Swim Team 18 Participants

RECREATION PARK

- June 2-3rd Cat Show, June 11th Sheep Show, June 22-24 Tractor Pull, July 1 Wedding.
- July 4th Fireworks, July 9-16 Warriors and Warlords, July 22nd Wedding, July 22nd Sober Eyes Picnic. July 26-30 Fair.
- August-5th Historical Society Craft Fair, Aug 11th Quinceanera, Sept 2. Wedding. September 15-16 Rotary Cranberry Rumble
- General upkeep and maintenance on buildings
- Continue to work on Lighting replacement project.
- Working with Keller Inc, and Tomah Youth Hockey on rebidding the Ice Center Addition in early November.
- Tomah Youth Hockey will begin making Ice on August 14th and working with the Woodsmen on their inaugural season at the Ice Center.

Joe Protz