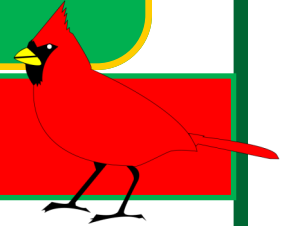




## Happy Holidays!

### WINNEBAGO COUNTY PARKS DEPARTMENT & SUNNYVIEW EXPO CENTER MONTHLY NEWSLETTER



# December Wishes



*Merry Christmas to all!*



*Kwanzaa*  
*A Celebration of Family,  
Community and Culture*

#### Inside this issue:

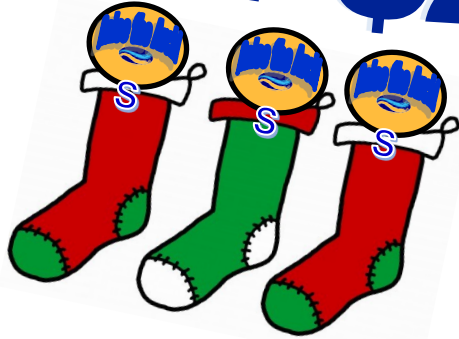
- Spotlight On 3
- Calendar of events 5
- Parks Picks 8



Winnebago County Parks Dept.  
625 E. Cty. Rd. Y #500, Oshkosh WI 54901 (920)  
232-1960  
[www.co.winnebago.wi.us/parks](http://www.co.winnebago.wi.us/parks)  
email:

# Arch-Raiser Buttons for Everyone!

# 1 for \$2 or 3 for \$5



**GIVE A PART OF HISTORY  
IN THE MAKING**

**RAISE THE ARCH** buttons are available for purchase at the

Winnebago County Parks Office, 625 E. Cty. Rd. Y #500, Oshkosh, Monday through Friday 8am-4:30pm.

All proceeds go towards the Raise the Arch project. The goal is \$5,000.00 and to have the arch in place for next year's Winnebago County Fair.

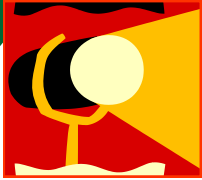


Call 920-232-1960 for more info or [https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/raise\\_the\\_arch\\_project.pdf](https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/raise_the_arch_project.pdf)



cfunmunch.com





**Spotlight  
On**

## Healthy Holidays

### How to Stay Lean and Healthy During the Holidays

By Darla Leal - Reviewed by a board-certified physician.

Updated November 03, 2016

#### 1. Relax and Stay Healthy

*Think Healthy to Stay Healthy.*

The holidays are meant for quality time with family and friends, some indulgence, laughter and good cheer. Unfortunately, it has also been labeled a time of stress with power shopping, holiday road rage, and the push to have everything perfect. Fear of weight gain from eating unhealthy also causes additional stress and anxiety.

Let's all take a deep breath and relax. Enjoying some of the sweet and savory temptations we deprive ourselves of during the year is expected. What would the holidays be without a slice of grandma's pumpkin pie? Living a fit lifestyle doesn't mean deprivation but a healthy mindset about food intake. Eating right isn't about perfection nor should we be burdened with food guilt because we ate a brownie. Enjoying the holidays will be more meaningful and special if we take on a more relaxed approach. As we gather together to laugh and be merry, there are ways to stay lean, healthy and feeling good with our choices.

#### 2. Maintain Healthy Eating

Enjoying a few splurges during the holiday will not break your fitness bank.

Maintain your usual healthy food intake between selective indulgences. Ensure the refrigerator and pantry are well stocked with nutrient-dense foods like lean meats, vegetables, fruits



and whole grains.

#### 3. Portion Control

The holidays provide a bounty of beautiful foods and it will be important to adhere to proper portion size during your meals.



Take a look at your palm as a portion guide of the amount of food to put on your plate. When available, choose a smaller plate for visual satiety to help you maintain the right portion sizes overall. Enjoy one or two of your favorite holiday foods in proper portion size and move on.

Remember, a healthy lifestyle is never about restriction but creating healthier habits.

#### Holiday Eating Tip:

Eat a healthy meal or snack before attending holiday functions. This will remove hunger pangs and the temptation to grab and gobble.

#### 4. Carry Healthy Snacks

Part of the holiday fun is shopping for our loved ones. There is nothing worse than becoming famished during the process. This is the time we are tempted to find the nearest food kiosk and inhale an extra-large bag of buttered pretzel bites. Very delicious going down but now the guilt of a diet mistake is ruining your shopping experience. Skipping a healthy meal should never take priority over gift purchases. Hours of holiday shopping call for healthy snack planning and stashing.

#### Holiday Eating Tip:

Plan holiday shopping with health in mind. Stash healthy snacks in your purse or jacket pocket to stave off hunger. Great portable snack ideas include sandwich bags filled with portioned out raw nuts and dried cranberries or healthy nutrition bars with minimal ingredients.



**Picture Yourself in Winnebago County Parks!**



## 5. Maintain Your Workouts



*Don't Skip Your Workouts During the Holidays.*

Holidays can be busy with additional shopping, cooking and social activities creating minimal wiggle room in our calendars. Maintaining your workout will be important during this time to help manage additional caloric intake and stress reduction. Use the holiday as a motivator for your workout and quality gym time to unwind, recharge the batteries and take a break from the hustle and bustle. (Winnebago County Parks has some great areas for outdoor exercise!)

**Holiday Workout Tip:** Schedule your workout on the calendar and don't cancel. Pick a time that doesn't conflict with holiday events even if that means going to bed earlier to complete a morning exercise session.

### **6. Drink Plenty of Water**

The holidays bring wine and spirits and water intake is often forgotten. Excessive thirst and dehydration can sneak up on you. Becoming thirsty while shopping is also a concern. Holiday foods are typically heavily salted requiring additional water intake. Maintaining electrolyte balance is also

### **7. Limit Alcohol Intake**

essential. Consider the human body is over 60% water and this fact alone should explain our natural need to maintain hydration.

#### **Holiday Nutrition Tip:**

Bring a water bottle to holiday events or when out shopping. Be mindful to drink water several times throughout holiday celebrations to flush out toxins and maintain a well-hydrated body.

### **8. Reduce Stress**

Alcohol is a big part of holiday celebrations. It can be enjoyed in a healthy manner by keeping alcohol to a minimum and drinking water between cocktails. Drinking too much is never a fun time and adverse effects can easily happen. Such as alcohol sensitivity causing several miserable visits to the bathroom, and the remainder of your time lying on the sofa eating saltine crackers.



#### **Holiday Drinking Tip:**

Keep alcohol to a minimum (no more than 2 drinks) or avoid it all together. Wise alcohol consumers will drink 8 ounces of water for every 3 ounces of booze to dilute and flush toxins from the body.

### **9. Cut Yourself Some Slack**

We have enough stress in our daily lives without allowing its excess to ruin our holiday season. Stress stimulates cortisol release and is linked to weight gain. This fact alone should send us to the meditation mat for deep breathing exercises or to the gym for a positive endorphin release. Maintaining a stress-free holiday should

be our goal. Remembering the reason for the season should help keep it to a minimum. (Winnebago County Parks has many areas to immerse yourself in nature and reduce stress.)

#### **Holiday Survival Tip:**

Let go of stress during the holiday and realize it's a time meant for family, friends, and meaningful moments. Forget all the hectic stuff, grab a board game and have some fun.

### **10. Cut Yourself Some Slack**

We tend to be hardest on ourselves with our bodies, fitness and really everything involving our life. You're following a fitness plan, feel great but now the holidays are bringing doom and gloom instead of joy. Your holiday thoughts race to getting fat, over-eating and each day those feelings swell to overwhelming heights. The first step is letting go of unrealistic feelings and expectations. Progress is made by adopting healthy lifestyles.

#### **Holiday Survival Tip:**

Cut yourself some slack this holiday and gift yourself permission to relax, enjoy some treats, and understand it isn't going to derail all your positive efforts.



**Picture Yourself in Winnebago County Parks!**

**SUNNYVIEW EXPO CENTER**

***December 2-4—WI Sport & Military Collectors Gun Show***

***December 6—Welcome Correctional Officers Training***

***December 8—ReThink Soiree'***

***December 10—Hmong Service Center New Year Celebration***

***December 14—Winnebago County Human Services Volunteer Appreciation Holiday Luncheon***

***December 23, 26, 30 and January 2—Parks Office closed for the Christmas and New Year's Holidays***

***January 3—8:00 a.m. Shelter reservations for the 2017 season begin at the Parks Office. First come, first served. Payment by cash or check is due upon reservation of the shelter. All reservations must be made in person at the Parks Office.***

*For an annual calendar of events, event contact info, and facility rental information go to our website [www.co.winnebago.wi.us/parks](http://www.co.winnebago.wi.us/parks). All events are subject to change without notice. Updates when possible will be posted on our Facebook page. For event specific questions please contact the promoter of the event.*

The south entrance to the Winnebago County Community Park on Snell Road is closed for the season. The north entrance on County Y remains open 24/7 with access to the Best Friends Dog Park, ski trail and disc golf parking lots. The south entrance will re-open around April 1, 2017 weather depending.



**Picture Yourself in Winnebago County Parks!**



## Celebrate the holidays with nature-loving traditions from around the world



by Inhabitat

Although December can be seen as a very commercialized time of the year, celebrating the holidays doesn't have to center around spending lots of money on things you don't need. In addition to the religious holidays, this time of year is traditionally a time to celebrate the natural world and the winter solstice. In the spirit of the season, we've rounded up a few ways to celebrate the season, from nature-inspired decorations to vegan menu ideas, read on to be inspired by some natural holiday traditions from around the world.

### Decorations Influenced by Nature

Tropical countries may bring fresh flowers into the home, while those in Australia have "Christmas Bushes"; plants with red flowers and green leaves that fit right in with traditional holiday colors. Those of us in colder climates can find ethically sourced evergreen branches, holly, and mistletoe to deck our own halls, the ubiquitous Christmas tree can be sourced from a sustainable tree farm, and there are also great tree alternatives if you'd prefer to go the artificial route, with the benefit being that it can be used for years to come. If you do choose a fresh tree, please remember to put it out at the curb after the holidays so it can be picked up to be composted!

For additional festive decor, pine cones and acorns can be painted or tied with ribbons and then hung up as ornaments, and scrap paper can be transformed into snowflakes, garlands, or bunting. We can also make interesting displays from foraged branches and twigs from the backyard or local forested area: try visiting Pinterest for ideas about how to use them.

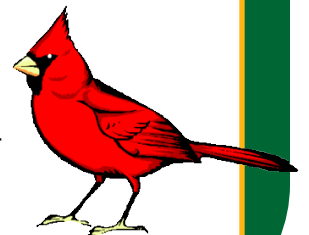
### Plant-Based and Nature-Inspired Food

Instead of turkey or ham this year, consider celebrating this season of good will with a gentle, cruelty-free meal. There are so many incredible vegetarian and vegan dishes out there, and you might find some new favorites! Those who celebrate Hanukkah will be feasting on latkes, while many who celebrate the Winter Solstice will be eating seasonal foods like roasted root vegetables and mushroom stew. Russian people eat a meat-free meal on Christmas Eve, which includes a rich grain porridge, while in Poland and Lithuania, that meal is celebrated with 12 meatless dishes! (Here's a tip: perogies are wonderful to eat, fun to make, and can be filled with everything from potatoes and cheese to mushrooms and buckwheat, caramelized onions, and roasted squash.)

As for foods inspired by plants, rather than solely being made from them, have you ever tried a bûche de Noël? You might know it as a "yule log" instead: a delicious dessert of rolled cake with a cream (or ice cream) filling, and then decorated to look like a log. It can be made in so many different ways, from vegan to gluten-free, so you can get creative with bits like meringue mushrooms or pretzel twigs.

### Kindness to Animal Friends

Kindness towards animals, especially during the holidays, is a key aspect of Scandinavian culture. In Sweden, Denmark, and Finland, seeds, grains, and nuts are placed outside for the birds on Christmas Eve, and many people refrain from eating their holiday dinner until the birds have had their meal. You can get in on this tradition by creating some feeders from suet or nut butter and wild bird seed, or just scatter the seeds around your yard for the little friends to enjoy.



**Picture Yourself in Winnebago County Parks!**



# What's up with...?



- \* New Boat Launch Parking Permits will be available for 2017 beginning in February.
- \* Snowmobile Trail opening/closing will be updated daily on our info line 920-232-1960 option #4.
- \* We will post updates on ski and snowshoe trails within the Community Park on our Facebook page. Trails at other facilities are not formally groomed so no updates will be available on their condition.
- \* Winnebago County boat launches are not recognized access points for entry onto the ice. Therefore, plowing of parking areas is done only for emergency access.
- \* The Tribal Heritage Crossing will be officially closed for the winter after sufficient snow has fallen to create a safety issue. Notice will be given on our Facebook page.
- \* Ice fishing is allowed on Community Park ponds though caution is necessary as the ice conditions are not monitored.



LIKE US ON FACEBOOK FOR UP TO DATE INFO ON EVERYTHING WINNEBAGO COUNTY PARKS/EXPO AND THEN SOME.

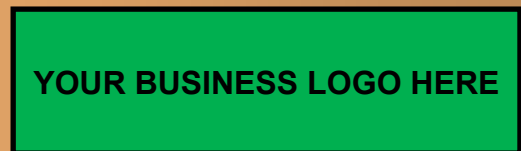
@Winnebago County Parks & Sunnyview Expo Center

Welcome to our newest sponsor The Oshkosh Independent Online Newspaper! We also welcome back Vines & Rushes Winery, Cornerstone Processing Solutions and The Scene, as well as our continuing sponsor Pepsi. We appreciate their generosity and are thankful for the opportunities allowed to us by their sponsorships to provide a better Parks experience for the entire Winnebago County community as well as those visiting us from around the state, country and world.

We welcome new sponsor businesses!



Vines & Rushes Winery



pepsi



**Picture Yourself in Winnebago County Parks!**

## Winnebago County Parks Department Year End Report 2016 Highlights:

### *Sunnyview Expo Center*

The Expo welcomed both new and returning



events in 2016. New events included the **N.E.W. Sport Fishin' Show**, **Rochester Concrete Products Contractors Showcase**, **The Northern Flyway Golden Retriever Club AKC Dog Show**, and the **WI Paint Horse Club Horse Show**. Several returning events added attendance numbers this year including, the **Oshkosh Cycling Club Bike Swap Meet**, **Lifest**, and **The WI Sportsman and Outdoors Festival**.

The **Winnebago County Fair** had a new carnival this year, the Winnebago Pet Expo returned after one year's hiatus and the **Great Lakes Timber Professionals Association Logging & Heavy Equipment Expo** wowed us with large crowds and huge pieces of machinery. The **Oshkosh Humane Society Pet Walk** was a huge success, allowing them to meet their fundraising goal and the **A.V.T. Traveling Wall** was at the expo for the third time. Sunnyview Expo continues to host a myriad of events, private parties, weddings, horse shows, reunions, and other events. For a full calendar of events check our web site. The **Winnebagoland BMX Club** hosted the **WI State BMX Meet** and has a bid in to host the **National BMX Meet** in 2017/2018.

Annual events continued with stable or steady growth in attendance.

Over the course of the year **212** event days took place. There were **8** new events, and **4**

private parties along with several training seminars.

Several building and grounds improvement projects were completed in 2016 – drainage on the east side of the outdoor arena and barns along with new replacement clerestory barn windows and new directional and marquee signage.

Progress is being made on the arch project, raising funds to install the historic **Winnebago County Fairgrounds Arch** at the expo center. Several community groups, including the Oshkosh West Side Assoc. and Winnebago County Historical & Archeological Society have made generous donations and the public is invited to purchase a *'Raise the Arch' button for \$2 or 3 buttons for \$5 at the Parks Office with funds going towards bricks, mortar and landscaping.* The **Raise the Arch** booth made appearances at the **Winnebago County Fair** and the **Oshkosh Farmer's Market** and is now displayed in the **JP Coughlin Center** main hall showcase.



**Picture Yourself in Winnebago County Parks!**





### Winnebago County Community Park

The multi-sport court has been busy this past season. Pickle ballers have been playing every Monday, Wednesday and Friday morning throughout the warm months.



With the warmer than normal fall the nets stayed up later than usual providing opportunities for pickle ball, tennis and basketball games to continue into November.

Phase one of The Natural Way was successfully planted by Parks Staff and the Valley Christian School second grade. We had good growth on the butterfly/pollinator/song bird garden and even saw some Monarchs!

It's been a long time coming but the prairies within the Community Park have been entered into a burn program. The benefits of burning for native prairie habitats was discussed in a previous Parks Newsletter. This first round of controlled burning was a great success. The blackened earth growth started coming up and now the prairie is extremely healthy and will produce more beautiful habitat for years to come.



In addition to the many events that took place this year in the Community Park the Hmong Fall Festival returned after a two year absence and the Crop Walk had record numbers this year.

### Recreation Trails

Official Trail Ambassador Butte des Morts Conservation Club has done a great job keeping the Sunset Point portion of the WIOUWASH clear of debris. Thanks for adopting a trail section!

The Mascoutin Trail has a new kiosk at the intersection with sponsor Vines & Rushes access point to the trail. Through this sponsorship and fundraising by Green Lake Greenways a bird viewing area with informational signage is being constructed on a portion of the trail. Future projects will be undertaken to upgrade portions of the trail with tables and benches for picnicing and informational areas on habitat, flora and fauna. The Winnebago County Parks Department staff took part in two bike ride events on the same day in 2016, BikeOsh and Meet in the Middle. Both utilized the WIOUWASH Trail and Tribal Heritage Crossing.

### Nature Preserves

The Waukau Dam Site has a new sign and it will be the home of a new single track mountain biking trail on an unused area of the property for 2017 thanks in part to the efforts of the Oshkosh Cycling Club. The Parks and Recreation Committee toured the Waukau Dam Site this summer in preparation for the new trail.



The complete Year End Report can be found at [www.co.winnebago.wi.us/parks](http://www.co.winnebago.wi.us/parks) or on our Facebook page.



# “Parks Picks”



Eagle Scout project—benches installed in Best Friends Dog Park!!



LIKE US ON FACEBOOK!



Asylum Point Light in winter



make it a December to remember



New Memorial Bench at boat launch



Cyclocross Oct. 30 at Sunnyview Expo

## Picture Yourself in Winnebago County Parks With...

