



# POW

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

### July is National Park and Recreation Month



This July, discover your super powers at your local parks! When we work together to further health and wellness, conservation and social equity efforts, awesome things happen!

This year, the Park and Rec Brigade is here to help you discover your super powers at your local parks.

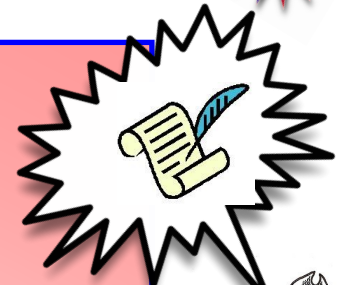
Captain Community, the Green Guardian and the Fit Twins will guide you on your adventure during Park and Recreation Month. Visit them at [www.nrpa.org](http://www.nrpa.org)

# BANG!

# POW!

# THWACK

*The Winnebago County Board  
has hereby proclaimed  
July as  
Parks & Recreation Month  
Throughout  
Winnebago County*



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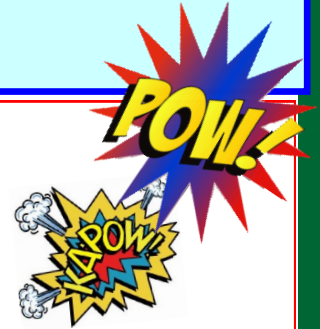
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 (920)232-1960  
[www.co.winnebago.wi.us/parks](http://www.co.winnebago.wi.us/parks)  
 email:  
[WinnebagoCountyParks@co.winnebago.wi.us](mailto:WinnebagoCountyParks@co.winnebago.wi.us)



# Happy 4th of July!

When celebrating the holiday in Winnebago County Parks please make sure to obey the rules. As per the official General Code of Winnebago County:

**19.18 FIREWORKS AND ROCKETS.** No person shall carry, fire or discharge any torpedo, rocket or other fireworks within any park, County grounds, or recreation trail.



Looking for info on what's happening with sponsor Vines & Rushes Winery and how their sponsorship is benefitting the Mascoutin

Valley Trail via Green Lakes Greenways?

A new information kiosk was recently installed along the trail near the access point for the winery. We'll be posting updates on trail activities as well as this newsletter.



Each bottle of Mascoutin Wine sold benefits the



**Picture Yourself in Winnebago County Parks!**



Meet Mother Nature's version of Marvel's Justice League: From the shape-shifting octopus that changes color (and even texture) at the first inkling of danger, to the lightning quick peregrine falcon that flies faster than a speeding bullet, the natural world is full of wildlife with super hero powers!

### **OCTOPUS: Shape-shifting, invisibility**

This deep sea shape-shifter is equipped with the best defenses Mother Nature has to offer. The eight-tentacled wonder hides from potential predators in plain sight using its amazing powers of camouflage. It uses pigment cells and specialized muscles to adopt the color, pattern and texture of its surroundings – making it all but invisible. If discovered, the wily creature spews a cloud of ink that both creates a diversion so it can flee, AND dulls its attacker's senses making it harder to track. As a last resort, the fast-swimming octopus can morph its body to squeeze through narrow cracks and crevices, or give up a limb if nabbed and grow a new one later. Bottom line – don't mess with it.

### **GECKO: Anti-gravity glue grip feet**

The gecko – nature's Spiderman – has many special powers, including its own specialized chirping language decipherable only to others in its family and among its defensive arsenal is the ability to shed its tail should a potential captor latch on. The tiny lizard also has a built in feces catapult reflex to repel attackers. But the gecko's most celebrated super power is anti-gravitational suction toes that allow it easily to climb up vertical surfaces and even across ceilings. But it's not a sticky web that gives the gecko its power - it is a complex system of microscopic hair-like strands called setae clustered on each toe that trigger a molecular pull allowing the gecko to adhere to (almost) any surface. The lizard does, however, have a Kryptonite - it can't stick to Teflon.

### **EAGLE: Eyesight**

All birds of prey have very keen eyesight, which they rely on in order to find prey, but eagles are especially gifted in the visual department. By some estimates, eagles can see at least four times as much detail as humans. This is due to a few essential anatomical adaptations: large pupils that minimize diffraction, a ridge over each eye that shields sunlight and a higher concentration of cone cells in the eye. The result is incredible accuracy in locating prey, often at a distance of hundreds of yards. Hence we have the term "eagle eye" for people who display sharp vision.

### **CHAMELEON: Invisibility**

Chameleons are in the running for best superhero costume of the animal kingdom – and they don't even need to rush into a phone booth before making a quick change to hues of brown, black, gold, green and even pink or turquoise. The unique ability to blend in with their natural surroundings, thanks to special skin cells called chromatophores, makes these lizards incredibly difficult for predators to spot. Chameleons are also master climbers and have stereoscopic vision, allowing them to zero in on their prey with warp speed. Cont. pg. 4 & 5



**PEREGRINE FALCON: Speed in air**

Faster than a speeding bullet - you bet! Superman's got nothing on this rad raptor. Equipped with a razor sharp beak and talons, peregrine falcons – also known as duck hawks – are the fastest-flying birds on earth. They mate for life, meaning the birds pair off in dynamic duos that bring death from above to their prey – bats, songbirds and ducks – at speeds of up to 200 mph.

**TARSIER: Night vision**

These huge, freakish eyes see all. The tarsier's eyeballs are each as big as its brain (about 16 mm in diameter) and allow the tiny nocturnal primate to hunt by night. The critters – which have been endangered in recent years – are native to East and South Asian Island areas and its estimated only 5,000 to 10,000 still exist. The minuscule creature also has acute hearing, thanks to its oversized ears – and reminiscent of "The Exorcist," is able to swivel its head 180 degrees in either direction to seek out its prey. On other words, you can run, but you can't hide.

**PLATYPUS: Electoreception**

This awkward duck-mammal may seem an unlikely animal super hero, but don't be fooled! The web-footed creature has an amazing sixth sense: electroreception. This power allows the platypus – which has poor vision – to detect prey by sensing electric fields generated by muscle movement. Translation – even in a dark room wearing a blindfold and ear plugs, the platypus will hunt you down. Animals with this power are called monotremes. They're also naturally packing some powerful heat: sharp venomous talons on their heels allow the platypus to deliver a toxic kick to predators in hot pursuit, so moral – keep your distance.

**BATS: Echolocation**

Bats have a lot of unique and interesting adaptations. For example, most bats spend the majority of their time upside down and some feed on the blood of other animals. They are also the only mammals that can fly. But perhaps the most impressive feature of bats is their ability to hunt using echolocation. With echolocation, bats send out high-frequency clicks as they fly. Then, they listen for the variations in the echoes that come back, which indicate the location of nearby insects. Using this system, they are able to feed on about 1,000 bugs per night, all caught on the wing.

**HUMMINGBIRD: Aerial Acrobatics**

Not only are hummingbirds among the most beautiful birds on the planet, they are also the most impressive flyers. Within their wings the joint between the upper and lower arm is positioned very close to the body, giving them incredible leverage and flexibility in the air. They also beat their wings extremely fast – some species at 80 times per second, and do so in a figure eight pattern, which adds to their maneuverability. Hummingbirds are the only birds that can fly backwards and upside down. They are also the only bird with the ability to hover in the air, which is both captivating to look at and extremely advantageous for feeding on plant nectar.

**SNAIL: Regeneration**

A snail can grow back a new eye if it loses one.

**DOLPHINS: Ultrasonic hearing**

Dolphins look like they're smiling, and the 1960s TV show "Flipper" cemented their reputation as affable, social sea mammals with a keen ability to communicate with humans. But it's their mode of communicating among their own pods that makes them special. Dolphins have super-developed hearing and can detect frequencies at least ten times above what most humans hear – and, they hear with their teeth! Dolphin teeth function like well-tuned antenna and serve the dolphin like an internal GPS system.

**RHINOCEROS BEETLE: Amazing strength**

It's the tiny tank of the insect world. The Rhinoceros Beetle is considered the world's strongest creature and can carry up to 850 times its own body weight. Comparably, a human would have to lift about 65 tons to match the minuscule bug's might. The beetle's name is inspired by its fierce horn – and it's not just ornamental. Like gladiators in the ring, male beetles use them to joust over mates – may the best beetle win.

**SPITTLE BUG: World's greatest leaper**

Superman leaps tall buildings in a single bound- a feat the little spittle bug can match. Also called the froghopper, this tiny .2-inch insect can hurl itself a whopping 28-inches. Doing so, it catapults itself with a force 400 times greater than gravity - compared to the 2 to 3 times humans use. They're called spittle bugs because vulnerable young bugs hide from predators in a mucus cocoon expectorate - just one more reason they've made our list of super critters.

**FLYING SQUIRREL: It flies!**

For these tree-dwelling rodents, the sky's really the limit. Flying squirrels don't really fly – they glide from tree to tree. These amazing rodents have been known to glide for over 200 feet before landing. The tautness of the patagium, the webbed-parachute-like membrane keeps them in the air and their tail acts as a brake.

**ELECTRIC EEL: Zaps adversaries with electric shocks**

This slithery sparker isn't actually an eel. It's a knifefish. The electric eel uses its current to incapacitate its prey. These shocks aren't just tiny tingles either. An electric eel is capable of producing a 500 volt shock – enough to kill an adult human. They also use these shocks to protect themselves from predators.

<http://www.thenatureanimals.com/2011/01/animals-with-amazing-powers.html>

**#SUPERJULY****PARK AND  
RECREATION  
MONTH  
JULY 2016****WHEN OUR POWERS COMBINE,  
WE CHANGE LIVES**

**Sunnyview Expo Center & Community Park Events**

**Oshkosh Speed Zone Night of Fire—  
July 1**



**Oshkosh Speed Zone AMA Motorcycle  
Races- July 2 & 3**



**IRA Outlaw Sprint Cars—July 22**

**LIFEST- July 7-10**

**Morgan Masterpiece Horse Show- July 14-16**



**Soccer Saturday—July 15 & 16**

**Pigfest Rugby Tournament—July 16**



**4H Horse Show—July 23 & 24**

**Doggie Paddle in the Park—July 24**

**CELEBRATING  
YEAR <18>**

**CAMPING • ART SPACE • 5K RUN  
SEMINARS • PETTING ZOO**



*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 .*

**Picture Yourself in Winnebago County Parks!**



## What's Up With...????



### FREQUENTLY ASKED QUESTIONS:

**Q:** Where can I walk my dog on parks properties?

**A:** Dogs are allowed on a maximum 8 foot long leash on the WIOUWASH and Mascoutin Recreational Trails. Dogs are not allowed on leash or off within Waukau Nature Preserve, Lasley Point Nature Preserve, or the JP Coughlin Nature Preserve. The presence of dogs in these areas disturbs the natural habitat for wildlife being preserved therein. Dogs are not allowed on leash or off in any area of the Community Park other than the Best Friends Dog Park. Dogs must be leashed within the dog park parking lot until within the fenced entrance area. Service dogs are excepted.

**Q:** What if I have 2 vehicles and want to launch my boat with either one?

**A:** You can get a supplemental permit sticker for one other vehicle registered in your name with proof of such registration at the County Clerk's Office or at the Parks Office, Monday through Friday 8 a.m. to 4:30 p.m. for \$5.00.

**Q:** If I see a downed tree or other issue on a park property who should I notify?

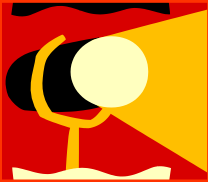
**A:** We appreciate notifications such as downed trees, as of course we can't be everywhere at once! You can send us a message on Facebook or call our general information line, 920-232-1960, to leave a message. Please be as precise as you can on locations; mile markers, intersections, specific areas that have names within the park properties all will help us locate the issue.

**Q:** How can I find out if a shelter is available for rental in the community park?

**A:** The shelter rental calendar is on the park web page at [www.co.winnebago.wi.us/parks](http://www.co.winnebago.wi.us/parks) under the community park event calendar tab or call 920-232-1960 Monday through Friday 8 a.m. —4:30 p.m..

For Winnebago County General Code rules and regulations regarding Parks go to [www.co.winnebago.wi.us/GeneralCode](http://www.co.winnebago.wi.us/GeneralCode), chapter 19.

**Picture Yourself in Winnebago County Parks!**



**Spotlight  
On**

# PARK POWER!

## The Power Of Movement

Get up and move! Our bodies' innate ability to perform is something we may take for granted, but we shouldn't. Exercise, dancing or just skipping down the street can boost your mood, build your confidence and bolster your strength. You don't need to be graceful or athletic or even coordinated — you just need to move your body. Walking is the easiest way to start, but there are thousands of choices. Thanks to my 10-year-old daughter, I've recently rediscovered ice-skating. Years ago, I could do a respectable arabesque and zip around the rink backwards. This week, I was pretty happy with increasing the speed of my laps and avoiding smashing into other people in the crowded rink. So find something you like and move. You'll be doing something good for your body and your mind.



## The Power Of Fun

You know it's important for children. There are huge businesses built on promoting fun in childhood. Then what happens? You grow up and life becomes full of responsibilities. It's never too late to put some playtime back in your life. Gather some friends and do something fun. Or, if you prefer, make it alone time and recharge in solitude. Maybe try something new, or do something you used to enjoy before you got all grown up and serious about life. Make time to smile and laugh, and bring the balance back into your life.

Courtesy of 8 Superpowers You Didn't Know You Had

02/01/2014 10:51 am ET <http://img.huffingtonpost.com/asset/55d258e71d00001b00145030.png>



**Picture Yourself in Winnebago County Parks!**



## "Super Power Yoga"

Super Power Yoga benefits anyone's mental health by helping him or her relax, and it is an effective form of psychological therapy. Yoga reduces anxiety and stress, resulting in better health, better mood, and better concentration throughout the day. Yoga has been used to help treat a wide variety of emotional and mental disorders, including acute anxiety, depression, and mood swings

Super Power Yoga is an excellent weight-bearing exercise that can improve your bone density. This is particularly beneficial for women approaching menopause, since yoga can help ward off osteoporosis, or thinning of the bone. Yoga refers to traditional physical and mental disciplines originating in India.



## The 2016 Rio Olympic Games



The 2016 Summer Olympics, officially known as the Games of the XXXI Olympiad, and commonly known as Rio 2016, is a major international multi-sport event in the tradition of the Olympic Games due to take place in Rio de Janeiro, Brazil, from 5 to 21 August 2016. Record numbers of countries are participating in a record number of sports. More than 10,500 athletes from 206 National Olympic Committees, including first time entrants Kosovo and South Sudan, will take part. With 306 sets of medals, the games will feature 28 Olympic sports — including rugby sevens and golf, which were added by the International Olympic Committee in 2009. These sporting events will take place at 33 venues in the host city and at 5 venues in the cities of São Paulo, Belo Horizonte, Salvador, Brasília, and Manaus.

**IN NEXT MONTH'S NEWSLETTER WE'LL HAVE THE VARIOUS OLYMPIC SPORTS THAT YOU CAN PRACTICE RIGHT HERE IN WINNEBAGO COUNTY PARKS THAT ARE CURRENTLY AN OFFICIAL PART OF THE SUMMER OLYMPIC GAMES!**

Just in case you're feeling inspired.

**Picture Yourself in Winnebago County Parks!**

# "Parks Picks"

## POW!

## BAM!



Black Wolf Boat Launch



Waukau Creek Nature Area



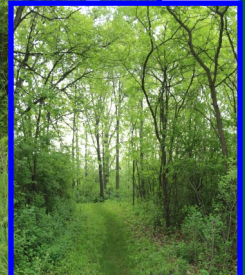
LASLEY POINT  
ARCHAEOLOGICAL SITE  
OPEN  
6:00am to 11:00pm  
HUNTING AND CAMPING  
NOT ALLOWED



Hmong Service Center Memorial Day Soccer Tournament



Lifest 2015 Overview



Lasley Point



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

