



MONTHLY MEETING

WEDNESDAY, JANUARY 8, 2020, NOON
AT WESTVIEW INN



GUEST SPEAKER
State Representative
Steve Doyle
And

Rick Eickmeier, Anytime Fitness

Our meetings offer networking, information, resources, and a relaxed atmosphere where everyone is welcome. Please plan to attend our meetings! Your membership dues cover an excellent buffet lunch for one representative of your business. Additional representatives pay a small fee toward the buffet lunch.



Monthly Meeting Update
December 11, 2019

Meeting called to order at 12:00 p.m. by President Nicole Vidal. After introductions and buffet lunch, the regular meeting commenced.



Treasurer's Report

Treasurer Patty Gjertsen's Association bank balance report was distributed, and the general association bank balance is \$3,631.07. The Celebrate West Salem account balance is \$1,242.77. The downtown flowerpots fund bank balance is \$22.76. The savings account balance for the Winter Wonderland event is now \$1,754.33.



This meeting is the WSBA's social meeting.

Teresa DeLong, Secretary/Director



**West Salem Business
Association Annual Meeting
and Banquet**
Thursday, February 13, 2020
*West Salem American Legion
Hall*

The West Salem Business Association will look back on another year on Thursday, February 13, 2020, at our annual banquet. This year's venue is the American Legion at 148 South Leonard Street, West Salem.

The banquet is a chance for our members and friends to get together in a social setting, recognize several of its members, and celebrate the successes of the preceding year. Members of the general public are always invited and welcome!

The cost for this year's banquet is still \$25.00 per person and includes a meal, a chance at great door prizes, and entertainment. More details coming soon!



Monthly Newsletter

Again, please feel free to submit your suggestions, articles for the newsletter, and your comments!

You can contact me at the Village Hall at (608) 786-1858 or via e-mail at tdelong@westsalemwi.com

Thank you, Teresa DeLong, Secretary/Director

CELEBRATE WEST SALEM

2020 "Celebrate West Salem" Business Expo

This is your invitation and reminder to be an exhibitor and a participant at the upcoming "Celebrate West Salem" Business Expo. Celebrate West Salem is a community wide event being planned for Sunday, March 15, 2020, at the West Salem High School. This event will bring together local businesses, educational institutions, and civic organizations of all sizes to showcase their products and services, as well as to celebrate the community we live in. Celebrate West Salem will be a sales, prospecting, relationship-building, lead generating and networking opportunity. Meet potential clients and introduce your company and its capabilities to the business world at this exciting event.

1 ACHORD & ETHAN ASHBECK


SENIOR EXIT PROJECT

JAN, 18 2020 9-11 AM

@

oma

CHEESECAKE




THURSDAY
February 6th
 6:30-8:30 p.m.
 Special Event Hours
 No Experience Required

AND

**Hazel Brown
 Leicht
 Memorial
 Library**

201 Neshonoc Road
 West Salem
 (608) 786-1505



CANVAS

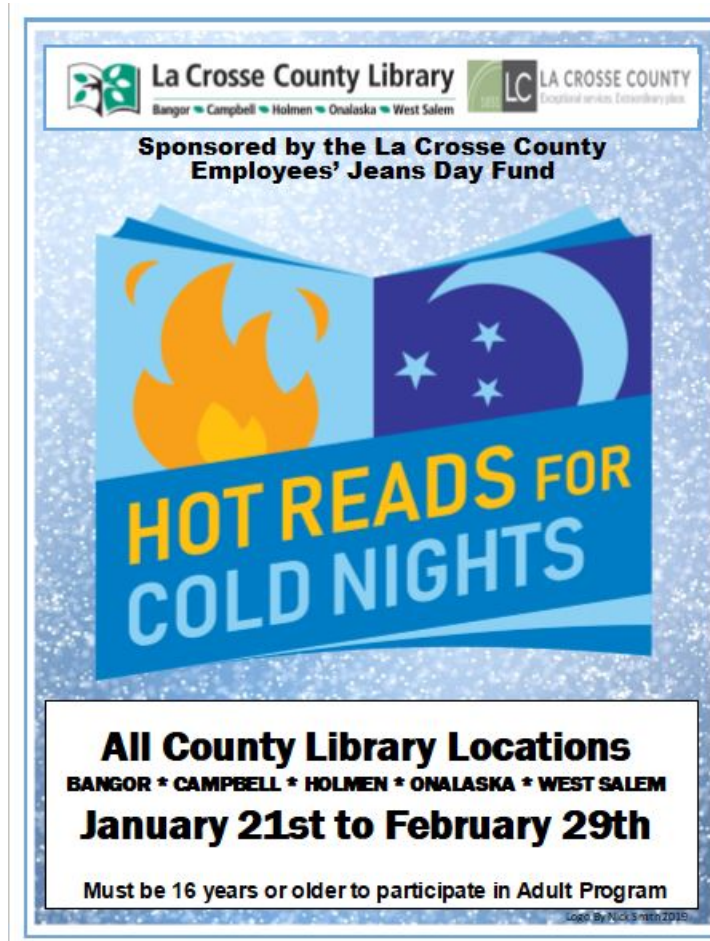
\$ 15.00 per person Required at Registration

All painting supplies will be provided. Feel free to bring your own covered beverage.

Modified 200323 Cheesecake Painting by Mary Ellen Johnson (2014)

We were asked to have more so we are here to deliver! 😊 Stop into Orange Thumb on Thursday, January 30 from 5-8pm for our sip and shop event. Appetizers and wine will be available while you shop at 143A South Leonard Street, West Salem! New items likely to found within store including some new clothing items! Bring a friend and treat yourself ♥





Mark your calendar for our next Womxn's Circle -- a sacred and open space for womxn and mamas to connect, feel, and embrace what it means to be womxn. We hope to see you there ♥ Coffee and tea will be provided, but bring your own mug!

- Open discussion
- Connection
- Space holding
- Coffee, tea, & kombucha

We'll meet you on the rug.





Wanting to start the new year out on the right track?

Coulee Health and Eupraxia West Salem are teaming up to host the Whole Life Challenge... a 6-week lifestyle journey, dedicated to improving your health, fitness, and overall well-being — one habit at a time.

Each day for the duration of the 6-week Challenge, you'll get points for completing each of the 7 Daily Habits. The 7 Daily Habits work together to create an effect in your life that's hard to overstate — after a few weeks, you'll feel rested, energetic, present, strong, healthy (and perhaps even happier).

Even better, you'll have a base knowledge about health and wellness that will last long after the Challenge ends, giving you the tools you need to build a healthier lifestyle for years to come.

We'll focus on what you eat and drink, how you move, your sleep, and even your mental well-being, keeping you socially connected, self-aware, and more in control of your day-to-day. The end result of this effort can be profound, leaving you feeling rested, healthy, physically strong, and more open to new experiences.

You'll keep score, but the power of the Challenge is not in the points. Rather, it's in the results that come from the 7 Habits working together to improve your days, your relationships, and your overall well-being — an effect that is best understood through experience.

Eupraxia West Salem is offering 50% off a 6 week membership and covering the cost of the Whole Life Challenge. That's a savings of over \$200.

Follow the link below to join or learn more, or contact Coulee Health or Eupraxia WS with any questions!

<https://play.wholelifechallenge.com/challenges/61/teams/couleehealth/join>





CHILI cook off

Saturday, January 25, 2020 at 3 PM – 7 PM
American Legion
148 South Leonard Street, West Salem

It's a Craft Beer & Wine tasting and Chili cook off! Join the Building Fund committee and try some great Craft Beer and Wine while sampling the entrants for the Chili cook off. If you have a great chili recipe we want you to join us as well and compete in the first Legion Chili cook off. We will have 2 categories Amateur (for the home cook) and Professional (for professional chefs), so start perfecting your recipe and get ready to compete. Cost is \$20 per person for this event and each participant will receive up to 20 samples to taste! Voting for the chili cook off will be from 3:00 to 6:00 p.m. Proceeds from the Chili Cook Off will go to The Freedom Honor Flight.



The Mitten Tree is being used, and now supplies are running low. If you have gloves, scarves, hats, and mittens to contribute to this needed cause, please deliver your donations to any of the following fine locations:
3RT Networks, American Legion
Barber Arms, Degenhardt Tire
First National Bank

Lakeview Health Center & Assisted Living, Oma Café, TRICOR Insurance,
Village Hall
Westview Inn
The Mitten Tree is located in the lobby at the Hazel Brown Leicht Memorial
Library, 201 Neshonoc Road. It's cold outside--those in need, please help
yourself to warmth.

United States[®] Census 2020

The census counts everyone in the United States. Census results are the basis for congressional representation and help determine how more than \$675 billion in federal funds is distributed each year to support vital programs. These funds shape local health care, housing, education, transportation, employment, and public policy. www.2020Census.gov.



United States
Census
2020

APPLY ONLINE!
2020census.gov/jobs

The U.S. Census Bureau is an
Equal Opportunity Employer.

ARETHA FRANKLIN TRIBUTE



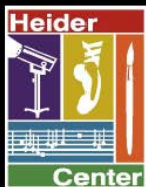
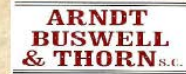
Saturday,
January 18, 2020
7:30 pm

Tickets - \$24/\$22

Featuring Performing Group:

INCOGNITO

Sponsored By:



Marie W. Heider Center for the Arts
405 E. Hamlin Street, West Salem, WI 54669
Box Office
Mondays, Wednesdays and Fridays - noon - 4 pm
(608) 786-2550
www.heidercenter.org



123 Hamilton St. W.
West Salem, WI
608-612-0191
www.yarncakes.net
Facebook & Instagram
Store Hours
Tuesday-Friday 11a-5p
Saturday 11a-3p
Sunday & Monday Closed

Join Us for Open Groups



Friday Night Therapy

Every other Friday 6-8:30p

January 10 & 24

February 7 & 21

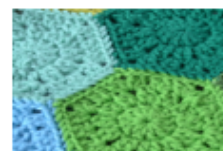
March 6 & 20

Tuesday Mornings

10am-12p Every week

Starting January 7th

Coffee provided



Wednesday Afternoons 1-3p

Crochet help & support

"Kids That Knit" 3:30-5p

3rd Grade and up



BOARD PAINTING AND SIPPING TOO!

SUNDAY, JANUARY 26, 2020

Noon to 2:00 p.m.

148 South Leonard Street, West Salem

We are excited to announce the return of this fun creative workshop so join us and get creative! Gather your friends and plan to attend this board painting workshop. We will be hosting the class with the talented Anne of Rustic Inspirations. Each project should take about 45 minutes to complete. Because of the nature of this event, pre-registration and payment will be required to hold your seat. There will be 4 projects to choose from and cost will vary based on the project you choose. A portion of your workshop fees for this event will benefit the building remodeling fund. Projects and prices are pinned in the discussion. Online payment can be made at <https://www.paypal.me/AnneKuderer>





www.westsalemwi.org

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West Salem Business Association
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