



Regretfully, we have not been able to hold our regular monthly meetings since our last March 11 meeting. The West Salem Business Association Board of Directors met on June 10, and the agreement was to not schedule monthly meetings until we feel it is safer to do so.

The Board of Directors would like your opinion on whether we should continue to try and schedule our regular Noon meetings in the coming months or if the membership would prefer a more informal meeting with no food service with a short speaker later in a work day. Please contact a Board member with your thoughts.

Please know your Association is here to serve. Please feel free to reach out to the Board of Directors on how we can better serve the business community during this time.

BOARD OF DIRECTORS

President:

Laurie Noelke, eXpRealty - 608-612-0022 - laurienoelke@gmail.com

Vice President:

Trent Jorgenson, Altra Federal Credit Union - 608-786-1153 - tjorgenson@altra.org

Secretary:

Teresa DeLong, Village of West Salem, 608-786-1858 - tdelong@westsalemwi.com.

Treasurer:

Patty Gjertsen, Union State Bank, 608-786-0600 - pattygjertsen@usbws.com.

Directors:

Richard Wilson, KQEG-TV, 608-784-0876 - rickw@magnum.media

Stephen Cohen, Edward Jones - 608-786-1480 -

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Jodie Curtis, Union State Bank - 608-786-6200 - jodiecurtis@usbws.com

Past President:

Nicole Vidal, First National Bank, 608-786-2575 - n.vidal@fnbbangor.net



Golf Outing has been cancelled

As with many events scheduled for 2020, the WSBA annual golf outing and steak fry normally held in August has been cancelled.



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 tdejong@westsalemwi.com.

Thank you, Teresa DeLong



Join Coulee Health & Oma

For the Health of It!

June 25th at 6pm



- Event cost is \$45 -- please buy in advance at omajava.com
- Light meal and healthy treat samples provided by Oma with Coulee Health presentation by Kyle Boland
- Oma presentation by Kristina and Aspen Sage: Sourdough 101
- *Sourdough starter and a recipe will be sent home with each patron!
- Drink samples from the new "For the Health of It" drink menu
- Music Social - by Q and Winnie, from 7 to 9 during tasting of drinks!

"For the Health of It" drink menu:

The Angelic: coriander, angelica, lime, ginger espresso and tonic

Sparkling Fennel: fennel rhodiola, lemon, nitro and sparkling apple juice

The Rejuvenation: protein powder, turmeric, cordyceps, milk alternative, black pepper and topped with cinnamon and nutmeg

In addition, each patron receives a gift bag combined with Oma/CH gift certificates/samples/etc. PLUS we're drawing for a door prize!

Here is the link to purchase tickets.

<http://omajava.com/store/Event-Tickets-For-the-Health-of-It-p206265813>

Coulee Health Welcomes Kaitlin Gelbmann, LMT, E-RYT 200, AWC

We are beyond excited to welcome Kaitlin to our Coulee Health team! Kaitlin's schedule is open for June 15th and beyond! Call or visit our website to schedule.



Kaitlin's passion for anatomy and physical movement has driven her passion as a Licensed Massage Therapist since 2008. She sees the value in helping individuals feel comfortable yet strong in their own body. Additionally, she is a Registered Yoga Teacher having helped co-lead multiple teacher training programs. She holds a certification as an Ayurvedic Wellness Counselor through Kerala Ayurveda Academy. She enjoys incorporating the healing touch of massage therapy, promoting self-realization through the practice of yoga, and teaching the ancient self-healing concepts of Ayurveda to cultivate awareness and balance in the mind, body, and soul to not only preserve health but to prevent future illness. Some massage modalities Kaitlin uses include: swedish (relaxation), deep tissue/therapeutic, sports techniques such as facilitated stretching, prenatal, myofascial release, and massage cupping.





We are doing a summer special for students, ages 12/13-18.

7am Student class only M/T/Th/F or they can use any of our regular class times. Parents using the membership can use any class time other than

7am. Covers the student or family from June-August 31st, Unlimited classes \$197/student or \$297 for a family membership. Link can be found here to our Facebook post: <https://www.facebook.com/EupraxiaWS/photos/a.1465753683685487/2653789871548523/?type=3&theater>



Eupraxia - West Salem

June 2 · 🌐

Hey students! Need a place to workout while the schools are closed? We are looking at adding a specific class time for high school and under for the summer at a significantly reduced student rate. Interested? Send us a message for more details!

#eupraxiawestsalem #summersweatsession





Frozen Meals
Senior Meals Mondays
 1:30 p.m. to 3:00 p.m. in
 the Parking Lot
Call ADRC at (608) 785-5700
to reserve your meals.
 (Length of program subject to use and funding)



Dragons in a Bag
 by Zetta Elliott

Facebook School-Age
Read Aloud

Tuesdays & Thursdays
@ 11:00 a.m.
June 16 to July 2nd

Camp Imagination
 June 12th - August 15th



Facebook
Book Talks
Wednesdays
 Visit our Website under Youth Services for more details

June 12th - August 15th
Camp Imagination
Facebook
Story Time
Shorts
Fridays
 10:30 to 10:45 a.m.



Tall
 Short



Story Stroll

Enjoy a Story while
 you take a stroll
 outside our library
 locations.



COMING SOON!

We'll be opening
 our doors to
Borrowing
Appointments

FIND YOUR PLACE
AT THE LIBRARY

We're working hard to have all our safety measures in place. Order Items and see Updates through our website or you can call us during normal operating hours

Closed on July 3rd and 4th




La Crosse County Library
 Bangor • Campbell • Holmen • Onalaska • West Salem

Hazel Brown Leicht
Memorial Library
 201 Neshonoc Road— (608) 786-1505
lacrossecountylibrary.org

Imagine Your Story

2020 Summer Library Program
Registration happening NOW!
 Visit the library or lacrossecountylibrary.org



SUMMER FUN TAKE HOME!

Themes change every 2 weeks. Kits are available at the Item Pick-up Locations, while supplies last!



Anytime Story Time
FREE Fun
 literacy kits for families




We're Programming & Socializing on Facebook!

Like Us!



lacrossecountylibrary.org



Available NOW!

Make an Appointment to use our Computers for an hour!

Computers are limited to maintain distancing and will be cleaned after each user to comply with the Covid-19 requirements.

Ancestry Library Edition Getting Started Tutorial
 Direct YouTube link: <https://youtu.be/79GqGp>
 or use the link on our website lacrossecountylibrary.org



Search for Your Family Tree Members

All of Us The Precision Medicine Initiative
 THE FUTURE OF HEALTH BEGINS WITH YOU

Informational Video
under our Website
Programs Tab
GUNDERSEN HEALTH SYSTEM®



SERVING WEDNESDAY 4:30 TO 7:30, FRIDAY 4:00 TO 8:00, SATURDAY 4:30-7:30 ONLY FOR CARRY OUT AND CURB SIDE PICKUP. WE WILL BE OPEN FOR MOTHERS DAY, WATCH FOR FACEBOOK POSTS AND IF THIS CONTINUES, FATHERS DAY TOO. 1-608-786-1336

APPETIZERS: CHEESECURDS, ONION RINGS, BATTERFRIED MUSHROOMS, CHICKEN STRIPS, AND WINGS (BUFFALO OR PLAIN) OR GET A COMBINATION OF 3 IN A COMBO BASKET.

STEAKS AND CHOPS: 12 OR 8 OZ. RIBEYE, 6 OR 12 OZ. TENDERLOIN, 10 OZ. NY STRIP, 12 OZ. SIRLOIN, TENDERLOIN TIPS W/MUSHROOMS, BACON WRAPPED PORK CHOP, 12OZ. HAMBURGER STEAK, BEEF LIVER AND ONIONS, OR HAM STEAK.

SEAFOODS: GRILLED SALMON W/DILL SAUCE, BATTERFRIED-PANFRIED-BROILED-SCAMPI SHRIMP, FISH AND SHRIMP COMBO, BATTERFRIED, BROILED OR PANFRIED FISH, LOBSTER, BATTERFIRED -PANFRIED- OR PARMESAN CRUSTED WALLEYE PIKE.

SPECIALTIES: BATTERFRIED CHICKEN, CHICKEN BREAST DINNER, ALFREDO, CHICKEN OSCAR

COMBINATIONS; CHOICE OF TWO-BACON WRAPPED CHOP, FISH,HAM, 6 OZ. CHICKEN FILET, OR 1/4 CHCIKEN.

COMBINATIONS: A 6 OZ. TENDERLOIN OR 6OZ. TENDERLOIN TIPS WITH---FISH, SHRIMP, LOBSTER, 1/4 CHICKEN

SENIOR MEALS: FISH-BATTERFRIED-PANFRIED OR BROILED, LIVER & ONIONS, WALLEYE PIKE- PANFRIED, BATTERFRIED, PARMESAN CRUSTED,SHRIMP- BATTERFRIED, PANFRIED, SCAMPI, OR BROILED, HAMBURGER STEAK, HAM STEAK.

CHILDRENS MEALS: BASKETS- INCLUDES FRENCH FRIES- MINI CORNDOGS,GRILLED CHEESE, 3 CHICKEN STRIPS, 5 CHICKEN WINGS, 4 OZ. HAMBURGER OR 4 OZ. CHEESEBURGER...DINNERS: FISH, 4OZ. HAM STEAK, SHRIMP DINNER. ALL THE DINNERS INCLUDE A CHOICE OF POTATO.

SANDWICHES; HAMBURGER, CHEESEBURGER, FISH SANDWICH, PATTY MELT, 6 OZ, STEAK SANDWICH, CHICKEN BREAST- PANFRIED OR BATTERFRIED, VEGGIE WALNUT BURGER, PHILLY CHEESE STEAK W/ONIONS-MUSHROOMS-GREEN PEPPERS,GO WEST BURGER OR CHICKEN- (SMOKED CHEDDAR, BACON AND BBQ SAUCE) SOUTH OF THE BORDER BURGER OR CHICKEN(PEPPERJACK ,LETTUCE,TOMATO, AND SALSA)

SPECIALS WILL BE POSTED ON FACEBOOK EACH DAY. CALL ALL DAY ON WEDNESDAY, FRIDAY, AND SATURDAYS TO RESERVE YOUR ORDER. 1-608-786-1336



COVID-19: The Facts

Transmission

- COVID-19 spreads primarily through respiratory droplets that are generated through sneezing, coughing, and even talking.
- The virus may be spread if a person touches a surface that has COVID-19 on it and then touching their mouth, nose, or eyes. While we are still learning more about the virus, this is not thought to be the main way that the virus spreads.
- Why the emphasis on 6 feet for social distancing?
 - According to the CDC, spread is more likely when people are in close contact with one another which is defined as 6 feet.
 - If you can spread your arms out and not touch your neighbor who is doing the same thing, this meets the 6 feet requirement.
 - Staff should observe the principles of social distancing during department huddles.
- To reduce your chance of getting sick and limit the spread of COVID-19, wearing a face covering, continue to practice social distancing, wash your hands regularly, along with disinfecting frequently touched surfaces.

Check out some of these past businesses that were members of the WSBA back in 1992!

SMITHS AUTO BODY	DAVE	NO	S
SYLS PLACE	SARINA	YES	M
THUNDER VALLEY TAXIDERM	MIKE	NO	?
TOMS SHELL	TOM	YES	M
TRI STATE MILK	MARV	YES	M
UNION STATE	JAKE	YES	M
VERMEER SALES	KAREN	YES	M
VILLAGE CUT CURL		NO	S
VILLAGE LUMBER	CARL WALLACE	YES	M
VILLAGE OF W.S.	MARK	YES	M
VISUAL CHANGES	SHARON	NO	S
WEHRS ELECTRIC		NO	S
WELCOME WAGON		NO	S
WEST BOWL	RICH	YES	M
WEST SALEM APPLIANCE	ROLAND	NO	M
WEST SALEM INS	GIB	YES	M
WEST SALEM PHARMACY	JULIE	YES	M
WEST SALEM TOOL AND DIE INC	JOE	NO	S
WEST SALEM VETERNARY CLINIC	TOM	YES	M
WEST VEIW	BOB	YES	M
WONDER WASH	TERRY	NO	M
WQJY	TOM DEJARLEE	NO	M
TOTAL			