



MONTHLY MEETING

WEDNESDAY, JANUARY 11, 2023, NOON
AT WESTVIEW INN

GUEST SPEAKER
Jed Olson, Executive
Director
Outdoor Recreation Alliance



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.



Find us on
Facebook

Monthly Meeting Update

December 14, 2022

Meeting called to order at 12:00 Noon by Vice President Steven Berg. After introductions and an excellent buffet lunch, Vice President Berg made a couple of announcements, regular business was acted on, and those present enjoyed a relaxing lunch.



Minutes

Motion by Jodie Curtis, seconded by Tom Curtis to approve the minutes of the November regular membership meeting as presented. Motion approved by voice vote.



Treasurer's Report

The November 30, 2022, month-end Treasurer's report was reviewed, noting the Association has a general bank balance of \$9,925.00.

Motion by Jennifer Hatz, seconded by Ryan Rieber to approve the Treasurer's report as presented. Motion approved by voice vote.

Motion by Teresa DeLong, seconded by Jodie Curtis to adjourn the meeting at 12:06 p.m. Motion approved by voice vote.

Teresa L. DeLong, Secretary/Director

DID YOU KNOW JANUARY IS NATIONAL OATMEAL MONTH?



- Americans purchase more oatmeal in January than in any other month.
- The most popular oatmeal topping is milk, followed by sugar and fruit.
- Eighty percent of U.S. households have oatmeal in their pantries.
- The most popular uses for oatmeal are, in order, as cereal, as cookies, in meatloaf, and in cakes or pies.
- An 18-ounce package of oatmeal contains about 26,000 rolled oats.
- The top five oatmeal consumption markets are New York, Los Angeles, Philadelphia, Boston, and Chicago.
- Oats were one of the earliest cereals cultivated by humans and were recorded in ancient China as long ago as 7,000 B.C.

West Salem Business Association Annual Meeting and Banquet



***Thursday, February 9, 2023
American Legion Post #51
Downtown West Salem***

The West Salem Business Association will look back on another year on Thursday night, February 9, 2023, at our annual banquet at American Legion, 148 Leonard Street South, 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!

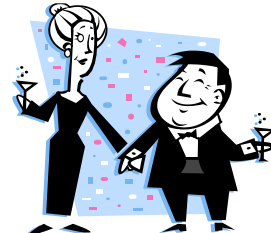
The cost for this year's banquet is still \$25.00 per person and includes a meal and a chance at great door prizes. Cocktail hour will begin at 5:00 p.m., and dinner will be served at 6:00 p.m. ***NEW THIS YEAR:*** Registration and payment can be made on the West Salem Business Association website. Banquet can still be paid for via check or cash to Treasurer Jodie Curtis, Union State Bank, Highway 16, West Salem. **To RSVP or for more information, please contact:**

Teresa DeLong
Village Hall
786-1858

Jodie Curtis
Union State Bank
786-6200

PLEASE REGISTER OR RSVP BY February 1, 2023

Banquet takes the place of our regular February meeting.



Relationships at Work: Don't "Psychologize" Friends and Coworkers

Do you "psychologize" your friends? Psychologizing is analyzing others in psychological terms—theorizing or speculating about their decisions or behaviors. To

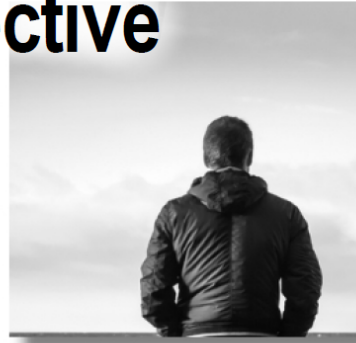


help cement a more trusting and helpful relationship with a coworker, discard this habit. Instead, practice empathy. For example, "Mary, that was a tough decision. How do you feel about it?" This approach will elicit stronger insight versus hearing what psychological dynamics you believe are affecting them. Plus, you'll avoid the retort, "Stop analyzing me!" Acknowledging someone's difficult experience, pain, or discomfort naturally precludes a judgmental response. It takes practice if you don't communicate naturally this way. However, the affirming reaction will reinforce this communication skill, and you'll appear less judgmental.



Orange Thumb where creativity never goes out of style!
A collection of handmade items and clothing
124 Leonard Street South, West Salem – (608) 612-0700

Seasonal Affective Disorder



Feeling gloomy in winter is a common complaint, but some people are affected far more than others. Although not a distinct illness, seasonal affective disorder (SAD) is a type of depression with feelings of sadness, hopelessness, anxiety, and sluggishness that you can't shake. When any type of depression interferes with social and occupational functioning, take a few minutes to get an assessment. Start with your employee assistance program to get the right source of help.

Learn more: www.nlm.nih.gov [search "seasonal affective disorder"]



Join us for an exciting evening of live music as the UW-Madison Varsity Marching Band performs at the Heider Center on February 4th at 7 pm. This talented group of musicians will be playing a variety of songs, including fan favorites and new arrangements.

Tickets can be purchased online or at the Heider Center box office starting at noon on December 23rd. **Tickets:** \$25 for adults and \$10 for students. *Doors open 30 minutes before show time. All Covid-19 safety protocols are followed for this event.*





IT IS MEMBERSHIP RENEWAL TIME!

You Can Make a Difference in the Business Community!

Membership with the West Salem Business Association gives your business:

- access to increased advertising opportunities through cooperative newspaper, television, radio, and social media;
- shared postings on the Association's two Facebook pages: West Salem Business Association and National Night Out (formerly Celebrate West Salem);
- notices and free information via e-mail;
- reduced registration for various Association-sponsored events;
- collaboration with area chambers and business associations;
- opportunities to showcase your events, job postings, announcements, and more in our monthly newsletter; and
- your personal business listing on the Association's website at www.westsalemwi.org

Contributions of volunteers and monetary donations were made to such worthwhile causes as the downtown hanging flowerpots, West Salem Food Pantry, West Salem Lions Club, La Crosse Area Baseball Day, downtown Halloween trick-or-treating, High School Scholarships, DECA, June Dairy Days, Winter Wonderland, West Salem Emergency Medical Team, West Salem Police Department, and National Night Out event.

Please consider becoming a member or renewing your present membership. Dues remain at \$90. **NEW THIS YEAR:** Memberships can be renewed via the website at www.westsalemwi.org by credit card or invoiced to you.

Regular meetings are at 12:00 Noon at Westview Inn, downtown West Salem, the second Wednesday of each month, and your dues cover lunch for one member of your organization.

If you prefer, you may use the bottom portion of this letter and return with your membership dues payment **BY FEBRUARY 1, 2023**, to: West Salem Business Association, Jodie Curtis, Treasurer, P.O. Box 84, West Salem, WI 54669. Thank you.

NAME OF BUSINESS: _____
CONTACT NAME: _____
ADDRESS: _____
ADDRESS: _____
TELEPHONE NUMBER: _____
E-MAIL ADDRESS: _____
E-MAIL ADDRESS: _____

(submit several e-mail addresses, if you wish, so the monthly newsletters and information can be exchanged throughout your organization)

TOTAL DUE: - \$90.00

JANUARY 2023

For more information about any of these programs, please see our website at lacrossecountylibrary.org and click on Youth Programming or Adult Programming.



Snow Place Like Home

HOT READS FOR COLD NIGHTS 2023

January 17-February 28

Read or listen to three books to win prizes. Sponsored in part by Hy-Vee.



Winter Story Times!

ALL LOCATIONS

**JANUARY 9-FEBRUARY 18
AND MARCH 13-APRIL 29**

Story times for ages 0-6 begin January 9! See the Youth Services page of our website for details and to register.



Heroes of the Underground Railroad

ONALASKA LIBRARY

SAT, JANUARY 14, 12 PM



Bright Star Touring Theatre will perform an incredible show about true American Heroes.



Clutter Free in 2023!

HOLMEN & WS

HOLMEN: TUES, JAN 10, 2 PM
WS: SAT, JAN 14, 10 AM

Make 2023 the year you conquer your clutter! A professional organizer will share valuable tips and tricks to get you started.



GAME DAY

BANGOR LIBRARY

THURS, JANUARY 12, 2:30PM

Bring your favorite game (optional) and join us for this casual get together. Participants will vote on which game(s) to play. No registration required.



Island Ecology Series

CAMPBELL LIBRARY

TUES, JANUARY 24, 4 PM

"River Health & Invasive Carp"

Join us for this program presented by U.S. Geological Survey staff. All ages welcome; no registration required.



JIGSAW PUZZLE BATTLE AND FREE DONUTS

BANGOR LIBRARY

SAT, JANUARY 28, 10 AM

Teams will race to finish a 300-piece puzzle first. The winning team will receive a \$30 gift card to Features! Registration required; limit 6 teams.



Winter Movies

Check the Adult Programming page of our website for movies and times.

Free Brain Check-Up

Monday, January 9
By appt 9:30 AM to 4 PM
West Salem Library

Call ADRC at 608-785-5700 to schedule an appointment.

CLOSED DATES: All library locations will be closed Monday, January 2, and Monday, January 16.

Recognize this? Have you been presented with West Salem Bucks and do not know what to do with it?

Have you asked yourself “how can I get in on this exceptional opportunity?”



Here’s your chance! West Salem Bucks are gift certificates redeemable at any of the businesses that wish to participate and have their business name included on the reverse side of the certificate.

When you are given a West Salem Bucks certificate, simply treat it as a gift certificate. Submit the certificate to Jodie Curtis, Treasurer of the West Salem Business Association, at the Union State Bank Highway 16 Branch, and you will be reimbursed the value of the West Salem Bucks certificate. You are out nothing, and you’ve opened your business to a new future great customer.

West Salem Bucks can be redeemed at any one of the following West Salem Businesses before 04/30/2023.

- Ace Hardware-West Salem
- Big Boar BBQ
- Cottage Grove Nursery
- Coulee Health
- Features Sports Bar & Grill
- Fox Hollow Golf Course
- G & T Heating and Air Conditioning
- Hanses IGA
- Heider Center
- Horstmann Homestead Farm & Events
- Jones Chiropractic
- La Crosse Fairground Speedway
- Le Coulee Cheese Castle
- Lindas Bakery
- Marcies Pet Spa
- Pischke Motors-West Salem
- Signarama
- Three Brother Bats
- West Salem American Legion
- West Salem Chiropractic
- Westview Inn

Certificate must be surrendered at the time of purchase/service and cannot be redeemed for cash. Full balance must be used at one store on one visit.

Business Owner – Please contact WSBA to be reimbursed for the face value of this certificate.

Workplace Safety: Don't Take Cold Weather Casually

Cold weather injuries affect thousands of people each winter. Frostbite and hypothermia are the most common. Working outside at 20°F with wind blowing at 20 mph will cause frostbite on your nose, ears, chin, fingers, or cheeks in two to three minutes. (It's a myth that it takes much longer.) Frostbite can also be caused by touching very cold metal or liquids. Hypothermia is the other cold injury and strikes when your body temperature starts dropping and continues to do so faster than your metabolism can regenerate body heat. Fact/warning: Many college students have died of hypothermia in cold weather after abusing alcohol. Unable to detect symptoms while under the influence or unconscious, they succumbed to the cold outdoors.



Learn more: www.athletico.com [search "cold weather injuries"]



Brenengen Club Kitchen Remodel

The Don & Cheryl Brenengen Club kitchen is being remodeled in collaboration with the West Salem School District. This new teaching kitchen will be utilized during the school day as well as during our after school program. Members will be able to learn valuable life skills when the project is complete. We can't wait to show it off!



www.westsalemwi.org

IN THIS ISSUE:
Monthly Meeting Reminder
Annual Banquet Information

West Salem Business Association
P. O. Box 84
West Salem, WI 54669