



February 9, 2023

45th Annual Banquet!

**Therefore, NO regular Noon meeting will
be held in February**

American Legion Hall
Downtown West Salem

Cocktails 5:30 p.m.

Dinner 6:00 p.m.

**BUSINESS OF THE YEAR and
CITIZEN OF THE YEAR PRESENTATIONS**

If you would like to bring or donate a door prize,
please feel free to do so, but do not feel
obligated. This is a fun event, and a few
businesses are bringing prizes.

Next Regular Meeting is March 8, 2023





CLUB STAFF SPOTLIGHT



West Salem Program Director

Hello! My name is Abby Solberg, and I am the West Salem Program Director. I have been a West Salem community member my entire life. I worked at the Don & Cheryl Brenengen Club for five years as a part-time staff prior to being promoted to this new role. Working with our Club members brings me so much joy, and I love that I get to work at a place that makes a difference in the community where I grew up. In my free time, I enjoy spending time with my three cats, being outside, and spending time with family & friends. I love being a part of our West Salem family!

\$25



\$25

West Salem Bucks

Participating businesses and restrictions listed on the back
Good through November 30, 2022

WSBA Authorized Signature
Not Valid until signed by a WSBA Director

Presented to: _____

There is still time to be included in this year's West Salem Bucks gift certificate program. Contact Treasurer Jodie Curtis (or any WSBA Board member) for more details.

County Looking for Applicants for Housing Program



LA CROSSE COUNTY

La Crosse County is seeking applicants for a program that offers up to \$100,000 for projects to buy, demolish and redevelop dilapidated properties.

The Acquisition and Demolition Grant is open to individuals, developers, businesses, and nonprofits and seeks to improve the quality of housing in La Crosse County. Previously the program was only available in specific neighborhoods in the city of La Crosse but is now open countywide. Grants of up to \$50,000 for single-family housing projects or up to \$100,000 for multi-family housing projects are available.

“The Acquisition and Demolition Grant uses County funding to spur private development,” said La Crosse County Community Development Specialist Sam Bachmeier. “The goal is to create stronger communities with better housing and a growing tax base.”

The program seeks to improve blighted properties in cities, towns, and villages in La Crosse County. Often, those properties remain underdeveloped due to barriers created by the cost of demolition or acquisition. Funding from the grant program can be used to purchase a site, for demolition costs, utility connections, survey work, or to pay off a loan.

Bachmeier said the program can lead to neighborhood-wide improvements in communities. He encouraged anyone interested in participating to reach out to get their questions answered.

To learn more about the Acquisition & Demolition Grant program, please review the program guidelines here - lacrossecounty.org/community-development/housing-assistance – or contact Sam Bachmeier, Community Development Specialist, at sbachmeier@lacrossecounty.org or (608) 785-5792. The program was expanded countywide with support from the county board and funding from the American Rescue Plan Act.

Sam Bachmeier, Community Development Specialist

La Crosse County
(608) 785-5792

sbachmeier@lacrossecounty.org
[Home \(lacrossecounty.org\)](http://lacrossecounty.org)

FEBRUARY 2023

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



*Hot Reads
for Cold Nights*

ALL LOCATIONS

JANUARY 17-FEBRUARY 28
Read or listen to three books to win prizes. For adults ages 16+. Sponsored in part by Hy-Vee.

Youth Winter Mini Reading Program

ALL LOCATIONS

FEBRUARY 1-28
Kids will have a chance to earn a prize and enter to win a Grand Prize, a gift certificate to Jump Start Adventure Park!



Floyde's Senior Moments

ONALASKA LIBRARY

WEDNESDAYS AT 10 AM

Feb 1 Winter Legends & Lore
Feb 8 Brutus the Mini Pig
Feb 15 Peace by Piece Organizing
Feb 22 La Crosse Dive & K-9 Unit

Winter Story Times!



ALL LOCATIONS

JANUARY 9-FEBRUARY 18 AND MARCH 13-APRIL 29
Story times are in session! See the Youth Services page of our website for details and to register.

GAME DAY

BANGOR LIBRARY

THURS, FEBRUARY 9, 1:30 PM
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.

All Hands on Tech



ALL LOCATIONS

Join us for an exciting technology program featuring a QR Code Quest scavenger hunt. See the Youth Services page of our website for details and to register.


Island Ecology Series



CAMPBELL LIBRARY


TUES, FEBRUARY 21, 4:30 PM
"Reptiles"
Learn why reptiles are some of the most fascinating animals and aren't all that scary. All ages welcome!

Cupcakes & Canvas



BANGOR LIBRARY

THURS, FEBRUARY 9, 6:30 PM
Art class for ages 16+. No experience necessary: step-by-step instruction & all supplies provided. Registration required.



Winter Movies

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

Free Brain Check-Up

Monday, February 13
By appt 9:30 AM to 4 PM
Onalaska Library

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

Veteran Benefits Information Session: Drop by Feb 2 between 12pm to 4pm at the Onalaska Library

Finding More Meaning and Energy in Your Job



Gallup research has found that 40% of employees believe their mental health is negatively affected by their job. Managing stress is important, but improving wellness is also accomplished by becoming more “engaged.” Could you enjoy your job more despite aspects of it that you do not like? If so, research says you will increase energy, find new meaning in work, feel more positive and in control, and feel more hopeful and productive. You’re also less likely to burn out. Helping employees become more engaged is a hot topic in the world of work. If you haven’t explored this idea yet, you may be on your way to discovering new energy and improved mental health on the job. See the resource below to get started.

Learn more: www.greatergood.berkeley.edu/article/item/how_to_be_more_engaged_at_work.

February is here!

Below is what we have planned for The Women’s Business Network this month

Wednesday, February 1st

Time – 12:00 – 1:00pm

Location – Features West Salem

Spotlight – Jennifer Hatz with River Valley Media Group

Wednesday, February 15th

Time – 5:00 – 6:30pm

Location – 980 W Hwy 16, West Salem (next to Morrie’s)

Ellyn from Coulee Health (couleehealth.com) will be hosting our group so we can learn about Coulee Health in West Salem! From 5-5:30 she will be talking about the services that Coulee Health offers and answer any questions. From 5:30 –

6:15 Ellyn will be hosting a fitness class. She will make it a beginner friendly class so everyone will be able to take part and learn more about the workouts offered by Coulee Health. (Trust me – if I can do it anyone can!) Even if you do not wish to work out – stick around so that you can see some of the stretches/moves/weights that are used for the classes to see if it is something you or someone you know would be interested in.

For additional details and to register, please visit the following link - <https://thewomensbusinessnetwork.com>



Living Better in the “Sandwich Generation”

The “sandwich generation” refers to adults raising children under the age of 18 while also caring for elderly parents. Are you a member of this select group? If so, key stressors may include finding time for yourself—sleeping and eating well and engaging in physical activity—setting boundaries with finite time and energy resources, financial stress, a need for emotional support, and wondering what resources are out there to assist you. See the following website for help and support: U.S. Area Agencies at www.usaging.org/adrcs. In Canada, go to Canada.ca and search “caregiver help.”



Focus on Excellence, Not Perfection

Excellence at work involves setting high standards and striving to achieve them. But not letting go of a work project because it is not “perfect” is a path to frustration and burnout. Most people know that perfection is not attainable, but it may not feel like it when it’s your pro-



ject. Just one more tweak seems critical. And then another. Start by not labeling yourself as a “perfectionist.” Next, think about your relationship with mistakes and failure. Do you see these things as personal flaws rather than learning experiences? If so, being self-critical is likely a habit that accompanies your perfectionism. Talk to a professional counselor. You will learn how to reframe how you view mistakes, errors, and imperfections and see these moments as opportunities to practice letting go, patience, and self-love.



NETWORKS

We need permission from EVERYONE in our new expansion areas in the City of Mauston, the Village of West Salem, and portions of the Towns of Lisbon and Lemonweir who wants our service. Your permission allows our company to bury fiber on your property; without it we can't bring you Lynxx service. If you've already filled out your permission - paper form or online - thanks! You can now help us out by getting your friends and neighbors to submit their permission form too. Tell your friends to put your name on the "referral" line of the form. We'll make a note of it and when they fill out an application and follow through on getting service when the times comes, we'll credit your account. There's no limit to the number of qualified friends / customers you can refer. Here's the online link: <https://hubs.la/Q01zFRP30>

IT PAYS TO TALK TO YOUR FRIENDS

In fact, we'll reward you for it!

**WE'LL CREDIT YOUR ACCOUNT
\$20.00 FOR EVERY NEW CUSTOMER
THAT YOU REFER TO US**



Tell your friends and neighbors to submit their permission form to allow us to bury fiber and put your name on the "referral" line. When they fill out an application and follow through on getting service when the times comes, we'll credit your account.

To receive referral credit the existing customer must have an active account with Lynxx Networks. Qualified referral must activate service before the credit is applied. No self-referrals.

Lynxx Networks Digital Media Department
(L-R) Erika Nelson, Ann Anderson, Shay Jlek



April 22, 2023 –
Stay Tuned for
More Details



SATURDAY, FEBRUARY 25, 2023 AT 3 PM – 7 PM

Heart of West Salem Fundraiser

American Legion Post 51-West Salem, WI 54669

Join The West Salem American Legion Family for our popular AYCE Soup & Sandwich Buffet. Try multiple soups and sandwiches in support of our “Heart of West Salem” initiative. All profits will be donated to two projects to better Village Park - The West Salem Lions shelter repair project and The Sons of the American Legion pillar straightening at The Court of Honor.



LA CROSSE COUNTY

La Crosse County and the Village negotiated a jurisdictional transfer of a portion of County Trunk Highway B within the Village limits in exchange for funding from La Crosse County to reconstruct West Elm Street from Oak to Youlon this year. This collaboration is a win-win for the taxpayers of La Crosse County and the Village of West Salem. Presenting the \$800,000 check to Public Works Director Loren Schwier is La Crosse County Highway Commission Joe Langeberg. Reconstruction of Elm Street is scheduled for this year.





www.westsalemwi.org

IN THIS ISSUE:



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