



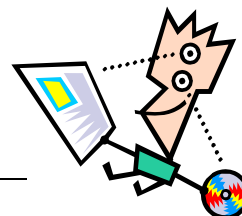
**West Salem Business Association
Annual Golf Outing
Wednesday, September 13, 2023
Fox Hollow Golf Course and Event Center
The golf outing takes the place of our regular meeting.
The next regular meeting will be October 11, 2023.**



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.gov. Or actually any Board member! Thank you, Teresa DeLong





Boys & Girls Club

Day at the Lake

BOYS & GIRLS CLUBS
OF GREATER LA CROSSE



Day at the Lake is the heart of the Sara Rose Hougom Foundation and our Boys & Girls Club members love being a part of it! Kids had the opportunity to go fishing with local authorities on Lake Neshonoc, have their face painted, make jewelry, play yard games, enjoy a grilled lunch, find big bucks in the saw dust pile, and participate in rock climbing!

Golf Outing Thank you to all of the individuals who spent their day out on the golf

course at our annual Golf Classic. It's FORE the kids!

This day is made possible thanks to our generous sponsors: UMR, The Insurance Center, Altra Federal Credit Union, Borton Construction, Edward Jones - Cory Roupe, Allstate, 3RT Networks, Navitus, Mutual of Omaha and Pareto Health.



Wednesday, September 20th - Location – Features West Salem (patio - weather permitting) 5:00 – 6:00 – Happy Hour Meeting

Please register at the following link - <https://thewomensbusinessnetwork.com/>



Feel free to reach out with any questions!

Jennifer Hatz

Marketing Consultant

608-317-3115



Bangor • Campbell • Holmen • Onalaska • West Salem

SEPTEMBER 2023

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

REGIONAL READ

This year's Driftless Regional Read is *What Happened to You?: Conversations on Trauma, Resilience, and Healing*, by Bruce D. Perry and Oprah Winfrey.

Library programming includes:

UNDERSTANDING GRIEF

HOLMEN LIBRARY
Tues, September 12 | 10 am

STRESS, TRAUMA, RESILIENCE & HEALING

ONALASKA LIBRARY
Wed, September 20 | 6 pm

BOOK DISCUSSIONS

HOLMEN LIBRARY
Mon, Sept 25 | 11 am

ONALASKA LIBRARY
Thurs, Sept 28 | 1:30 pm

driftlessregionalread.com




YOUTH PROGRAMS

FALL PROGRAMS

See our website for more info about:

- Story Times 
- Bilingual Story Time
- Wild Child Nature Explorers
- Library Card Sign-Up Month

SIAS SERIES ONALASKA LIBRARY

 "Build an Owl!"
Wed, Sept 6 | 6:30 pm
Little Miss Ann
Sat, Sept 16 | 10:30 am

GENERAL PROGRAMS

FLOYDE'S SENIOR MOMENTS


ONALASKA LIBRARY
Wednesdays at 10 am
August 2 - November 29

PUBLIC SPEAKING WORKSHOP

ONALASKA LIBRARY
Thurs, September 14
6 pm



GAME DAY
BANGOR LIBRARY
Thurs, September 14
1:30 pm

1920s DANCE LESSONS

HOLMEN LIBRARY
Mon, September 18
5:45 pm - 7 pm
Two more sessions in Oct!

NOTES

FALL MOVIES

See our website for movie titles, dates, and times.

CLOSED DATE


We will be closed Mon, September 4, for Labor Day.

PUBLIC HEALTH OUTREACH

Sept 7 at the West Salem Library. Drop in between 10 am - 12 pm.

FREE BRAIN CHECK

Sept 11, 9 am to 4 pm, at the Onalaska Library. Call the ADRC for an appt at 608-785-5700.


YOGA ON THE LIBRARY LAWN
BANGOR LIBRARY
Tues, September 19
5:30 pm

FREE 1-ON-1 TECH HELP

ONALASKA LIBRARY
Wed, September 20
Drop-in hours
10 am - 12 pm 

STAYING SAFE WITH FACEBOOK

HOLMEN LIBRARY
Thurs, September 21
1 pm 

CHEESECAKE & CANVAS


WEST SALEM LIBRARY
Thurs, Sept 21
6:30 pm

LACROSSECOUNTYLIBRARY.ORG
608.399.3390

Monthly Meeting Minutes

August 9, 2023



Meeting called to order at 12:00 Noon by President Stephen Cohen. The meeting was held at Features Fieldhouse with Lynxx Networks updating the membership on its install and progress. Jan Slusser presented events scheduled over the next couple of months at Features Fieldhouse. Events such as a craft/vendor show, basketball, pickleball, MS fundraiser, and fall leagues of volleyball, basketball, and pickleball.

Minutes

Motion by Rick Wilson, seconded by Ashley Giese to approve the minutes of the July membership meeting. Motion approved by voice vote.

Treasurer's Report

Jodie Curtis distributed the July month end Treasurer's report. The balance after allocations to scholarships and West Salem Bucks redemptions is \$2,554.45. Motion by Jane Leis, seconded by Nicole Vidal to approve the Treasurer's Report as distributed. Motion approved by voice vote.

Upcoming Events

LST 325 WWII Landship Ship Tank Tours - August 31 - September 4

Flags of Honor - September 8 through September 10 - Village Park

September 13 - Annual WSBA Golf Outing - Fox Hollow Golf Course

Motion by Jodie Curtis, seconded by Ashley Giese to adjourn the meeting at 1:00 p.m.

Motion approved.

Teresa L. DeLong, Secretary/Director

Have You Added Plants to Your Workspace Yet?

Indoor plants have been shown to favorably impact individuals' physiological and cognitive functions. One study even showed their presence can lower blood pressure.

Indoor office lighting is suitable for many kinds of plants, including the following: snake plant, ZZ plant, peace lily, pothos, Chinese evergreen, and dracaena. So, get some

healthy greens on your desk by searching images of these plants to see which ones will work for you.



Source: Effects of Plants at www.ncbi.nlm.nih.gov/pmc/articles/PMC9224521/

ALL-VILLAGE RUMMAGE SALES!!

September 14,15,16, 2023



Coping with the Sunday "Scaries"

The Sunday "scaries" refers to that sinking feeling or anxiety some people experience on Sunday night when they realize the weekend is over and Monday morning will soon arrive,



and along with it what awaits at work. Gain control over this state of mind by jotting down your tasks and goals for the week. You will feel more control and quickly dispel the sense of dread. Anxiety is often reduced by self-care techniques, so experiment with an enjoyable form of relaxation. For more impact, incorporate this into a regular evening routine. Try a bit of "thought blocking" replaced with an activity that keeps your mind occupied. Plan your Monday on Friday by taking a bit of time to go over your schedule for the next week. You're more likely to stay in the present come Sunday night.



West Salem Historical Society & Hamlin Garland

Who wants to see many Corvettes in West Salem? Come to the Palmer-Lewis Tourist Center, Hwy 16, West Salem on Sunday, September 17th. The River City Corvette Car Club will be sharing their corvettes with the public from 11:30-2:30 on the Tourist Center grounds. The club is celebrating their 50th anniversary and will be displaying

Corvettes from each of the eight produced generations that day. Non club corvette owners are also invited to take part.

BBQ-chips-pie-water will be served for a donation that day at the site. Come and enjoy the corvettes during Garland Days in West Salem!

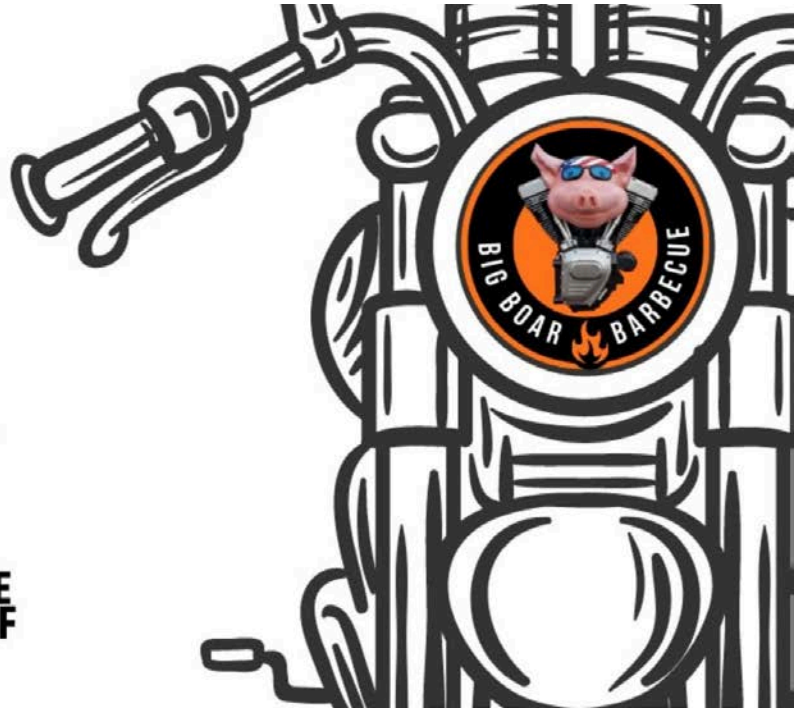


TRUNK-OR-TREAT
Tuesday, October 31
3:00-5:00pm
Village Park and
Downtown West Salem

BIKE NIGHT

 EVERY SECOND AND
FOURTH WEDNESDAY
OF EVERY MONTH

 BRING A MOTORCYCLE
AND GET \$2.00 OFF OF
A MEAL!



Is There Hidden Meaning in Your Job?

Do you feel bored with your job, unable to leave, and helpless to change your state of mind? There are personal interventions you can try that have worked for others. Start by taking time to think about your interests, goals, and values (what's most important to you in your life). Next, search for how these things are hidden within the scope of your job's essential functions. Don't be too quick to say, "There's nothing!" For example, do you value "meaningful relationships"? If so, can you make your job more meaningful by mentoring others, being more helpful, collaborating, engaging more empathetically, and lessening your isolation? These behaviors have ripple effects at work and can lead to more positive interactions, cooperation, teaming, and sharing of ideas.



Resource for you: "From Burnout to Purpose: Simple Strategies for a Soul-Fulfilling Approach to Work," 2022, by Gina Calvano.

WEST SALEM AMERICAN LEGION

10TH ANNUAL

FALL

CRAFT SHOW

SATURDAY, OCTOBER 7TH

Orange Thumb

Fall Sip and Shop

Sept 16th

10-5

Fun, Food, Wine, Sales,
what more is there!!

Linda's
BAKERY

FALL DONUT FLAVORS NEVER DISAPPOINT



WWW.LINDASBAKERY.COM

Don't forget to grab your Caramel Apple Donuts and Cream Cheese Frosted Pumpkin Donuts! Here for a limited time ONLY! Be sure to order ahead!

■ <https://www.LindasBakery.com/content/s/fall-seasonal-items>

☎ 608.786.1818



West Salem Business Association
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