



MONTHLY MEETING

WEDNESDAY, DECEMBER 13, 2023,
NOON, AT WESTVIEW INN

This is a social time, and a great opportunity to network with your fellow members.

Please remember a monetary donation to the West Salem Lions Club for food baskets and Christmas toys

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 \$10 toward the buffet lunch.



“Like” us on facebook
and
www.westsalemwi.org





**West Salem
Police Department**



**West Salem
Fire Department**

TOY & FOOD DRIVE



The West Salem Police and West Salem Fire Departments are hosting a toy and non-perishable food drive to benefit local kids and the food pantry in our community. Donations will be accepted November 27-December 16.

WEEKDAY DROP-OFF

**Police Dept. - 175 Leonard St. S.
8:00am to 4:30pm**

SATURDAY DROP-OFF (12/2, 12/9, 12/16)

**Fire Department - 100 S. Mill St.
8:00am to 4:00pm
Front Vestibule**

THANK YOU FOR YOUR GENEROSITY!



DECEMBER 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.
driftlessregionalread.com



Library programming includes:

MUSIC FOR COMMUNITY CONNECTION

with Life in Harmony

ONALASKA LIBRARY
Tues, December 5
6 pm



We invite you to a music therapy session with instrument play, singing, and movement to music. All ages welcome; registration required.

NOTEWORTHY

HAPPY HOLIDAYS



CLOSED DATES

All locations will be closed **Friday, December 22 through Monday, December 25.**

WINTER MOVIES

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

YOUTH PROGRAMS



RETURN OF THE LIGHT

A Winter Solstice Storytelling with Tracy Chipman

ONALASKA LIBRARY
Sat, December 16
11 am

GINGERBREAD JAM!

Enjoy a mini Story Time and decorate your own gingerbread cookie! See our website for dates and times. Registration required.



VISIT FROM SANTA

BANGOR LIBRARY
Sat, December 9
Drop in between
1:30 pm to 3 pm



ALL HANDS ON TECH!

Learn how to create a GIF! Geared for ages 8-12; see our website for dates and times. Registration required.

GENERAL PROGRAMS

NATIONAL COOKIE CUTTER WEEK GIVEAWAY

DECEMBER 1-7

Check out a cookbook and receive a free cookie cutter!



JIGSAW PUZZLE BATTLE FOR CARE FACILITIES

Complete a 300-piece puzzle by December 16.



UKE FOR THE HOLIDAYS

VALLEY VIEW MALL
Sat, December 9
12-2 pm



HOLOCAUST REMEMBRANCE

HOLMEN LIBRARY
Tues, December 12
10 am

LANDLORD AND TENANT RIGHTS & RESPONSIBILITIES

ONALASKA LIBRARY
Wed, December 13
6 pm



GAME DAY

BANGOR LIBRARY
Thurs, December 14
1:30 pm

Slips and Falls in White-collar Workplaces

In 2020, 42,114 people died from falls at home and at work. That's more than the average number of fatalities from motor vehicle crashes, which is about 38,000 per year. The most common contributing factors to slips and falls in the workplace, especially white-collar workplaces, include slippery floors, uneven surfaces like mats and loose rugs, poor lighting, cluttered walkways, open drawers, loose cords, and footwear. Regarding footwear, the most common fall accidents involve high heels, clogs, and sandals, so use caution with these types of shoes. One of the most common causes of falling has nothing to do with your feet—it's rushing to get something done. Learn more from the National Floor Safety Institute at nfsi.org.



The bar will be open for our Annual Ugly Sweater Party. Join us for cocktails, laughs and friendship while wearing your ugliest Christmas sweater.

**Saturday, December 16, 2023,
beginning at 6:30 p.m.**

**American Legion Post 51
148 Leonard Street South, West Salem**



Village of West Salem

175 South Leonard Street, West Salem, Wisconsin 54669

(608) 786-1858
Fax (608) 786-1988

IMPORTANT NEWS FOR 2024



The Village of West Salem has relocated the polling place for all 2024 Elections. Election day voting WILL NOT take place at the Village Hall. The new election day polling place for the Village of West Salem will be at the Presbyterian Church Fellowship Hall, located at 625 Franklin Street West, West Salem. Any questions, please feel free to contact the Administration office.

2024 Elections Calendar:

2024 Spring Primary (if needed) – February 20, 2024

2024 Spring & Presidential Preference Election – April 2, 2024

2024 Partisan Primary – August 13, 2024

2024 General Election – November 5, 2024



It's here!! You can now pay your West Salem Municipal Utility bill on-line and/or with a credit card. Register for and pay your quarterly utility bill on-line and receive paperless billings (if you wish). Sign up at <https://www.paymentservicenetwork.com>. If you want to receive and pay your bills as you always have, not to worry....that hasn't changed!

REMINDERS:



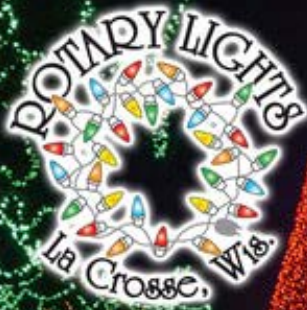
DOG LICENSE RENEWAL TIME - All 2023 dog licenses EXPIRE December 31, 2023
License fees are payable by **cash or check only**. **\$23 for an unaltered dog and \$12 for an altered dog**. License payment along with the current Rabies Vaccination Certificate can be delivered in person or utilize the drop box or mail to the Community Center.

CARYN MODAWELL MEMORIAL DOG PARK annual permits are also available for purchase. Annual fee is \$12 for the first dog, and \$5 for an additional dog in the same household.

REAL ESTATE AND PERSONAL PROPERTY TAX PAYMENTS can be paid in person, delivered to the Village drop box or mailed to 175 South Leonard Street. If requesting a receipt, please include a self-addressed, stamped envelope with your payment.

VILLAGE EMPLOYEE HOLIDAYS OBSERVED Monday, December 25, and Tuesday, December 26, 2023. Monday, January 1, 2024.

THE ROTARY LIGHTS TEDDY BEAR



Feeding our youth has never been more important that it is now.

The Boys & Girls Clubs of Greater La Crosse serves over 4,000 youth annually and offers a daily snack and meal to those who attend.

The mission of the Rotary Lights is to “feed the hungry,” so we are selling these cute teddy bears to help support the Boys & Girls Club food program.

rotarylites.org



Volunteerism: The Perfect Pick-me-up



The positive effects of volunteering to help others have been demonstrated in many research studies. These include improved feelings of well-being and positive effects on a person's mood and general happiness. Along with helping others, these personal benefits are powerful motivators for some people affected by sadness, depression, and stress during the holidays to reach out. Research has also shown that volunteering can have positive effects on physical health, including lowered blood pressure, reduced risk of heart disease, and increased longevity. Could you use some of the good things that flow from volunteering? To find thousands of opportunities, try www.idealists.org or www.volunteermatch.org and [click on "find opportunities"].

Renew your membership at www.westsalemwi.org

Paper forms are also available upon request—just email tdejong@westsalemwi.gov



READY, SET, *decorate!*

SPONSORED BY: LINDA'S BAKERY

We are asking community members to submit photos and the address of any home they wish to nominate via email to parknrecstaff@westsalemwi.gov or by responding in the comment section of this post. Nominated homes will be placed in a West Salem Park & Rec Facebook album for community voting. If you are unable to email a photo, please contact the West Salem Park & Rec and we can take one for you.

Nominations are due by Wednesday, December 6, 2023.
Facebook voting will take place 12/11/23-12/17/23.

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|-------------|---|
| • 1st Prize | \$50 Gift Certificate to Linda's Bakery |
| • 2nd Prize | \$40 Gift Certificate to Linda's Bakery |
| • 3rd Prize | \$30 Gift Certificate to Linda's Bakery |
| • 4th Prize | \$20 Gift Certificate to Linda's Bakery |



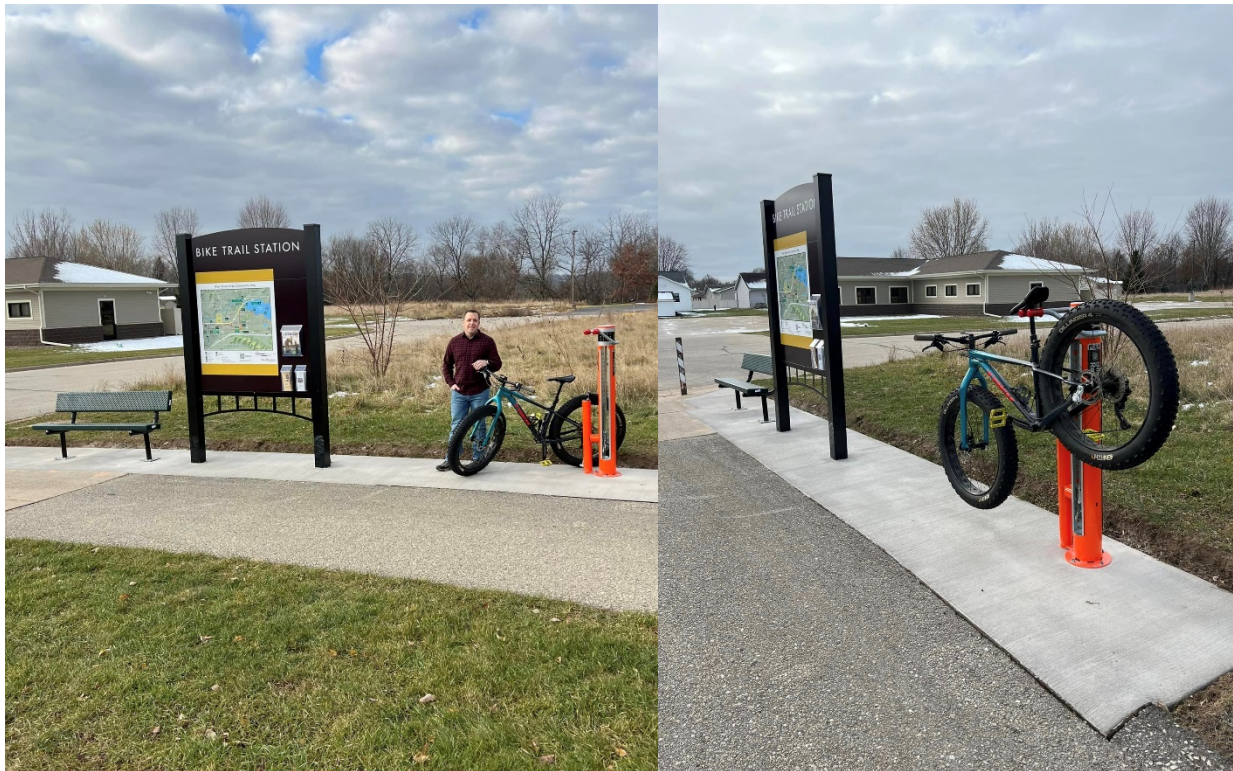
PROJECT COMPLETE!

Thanks to Stephen Cohen's creative talents and leadership on the West Salem Tourism Commission group, West Salem has a second Fix-It Station and Community Map on the East side of Veterans Memorial park.

This is located at the start of the connector trail which joins up with the Highway 16 trail towards Onalaska and La Crosse. This will be even more accessible once the Highway 16 bike/pedestrian bridge is fully installed. Stephen Cohen stated, "I very much enjoyed leading this project, and I'm thankful for the collaborative effort with the [Village of West Salem](#), [Signarama](#), [Explore La Crosse](#), [ORA Trails](#), and Map the Experience."

Come visit West Salem soon to see this trail head and check out <https://westsalemwi.org/> to learn more about all the small businesses who serve West Salem!

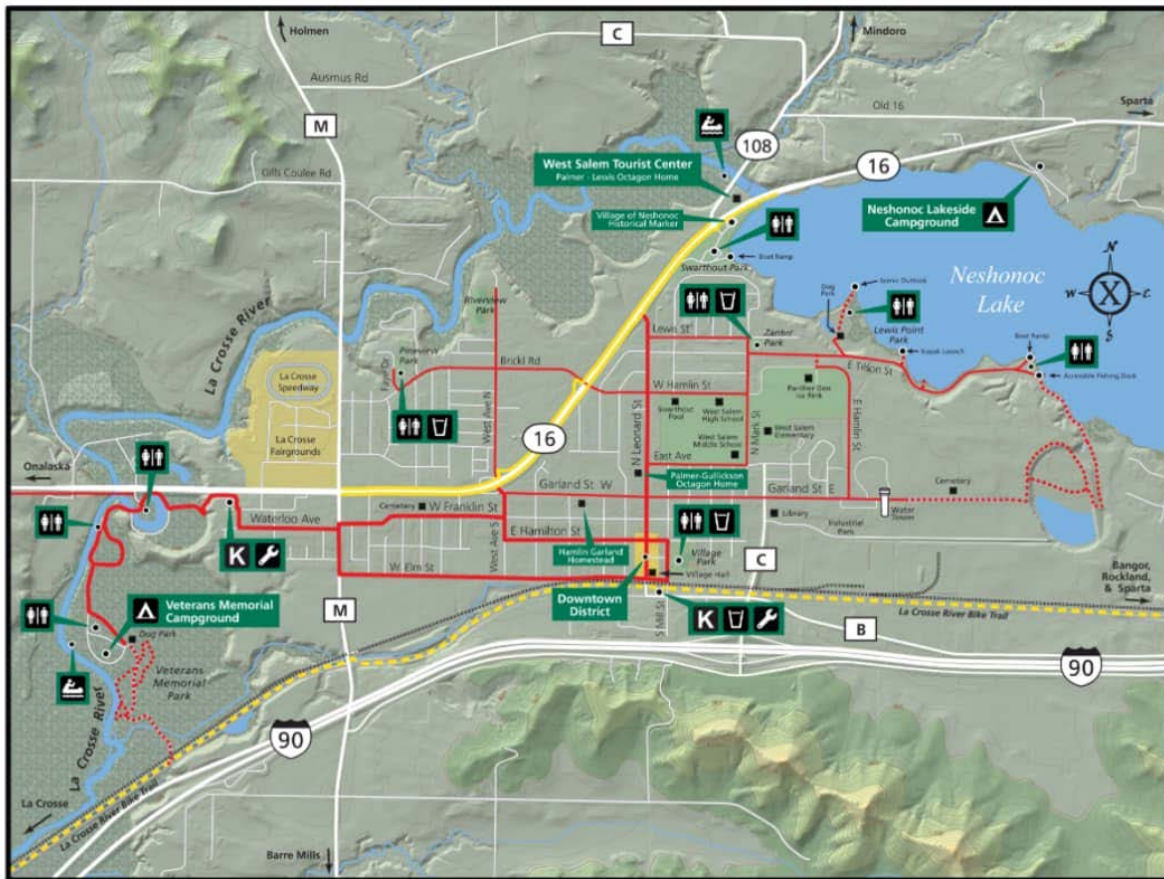
https://maps.app.goo.gl/a1rWeY4pa2v7BuTU7?g_st=ic






Thank you, Stephen, for all your efforts not only as our President, but also as a valuable member of our community.

West Salem Area Community Map

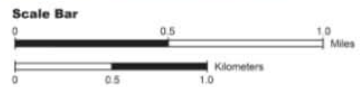


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|--|----------------|--|--------------------------------------|
| | Campground | | Bike Repair |
| | Kiosk | | Kayak Launch |
| | Restroom | | Unpaved Routes |
| | Water Fountain | | Bike Routes |
| | Boat Ramp | | Highway 16 Bike Route |
| | | | La Crosse River Bike Trail (Unpaved) |



West Salem Area Community Map

Download this map to your phone by scanning the QR Code.



Mastering Family Get-together Stress

Don't let family get-togethers plunge into stressful discussions. Try these three artful conversational skills. First, plainly decide your comfort zone for specific topics. Decide they will be off limits for you and avoid initiating comments or conversations regarding them. Second, communicate your boundaries and do so with assertiveness and respect, and while maintaining a harmonious atmosphere, simply saying: "I'd appreciate steering our conversation away from [topic] for a more pleasant interaction for all." And finally, use the "redirect." Gently guide discussions away from sensitive subjects, shifting the focus toward neutral or positive topics. This tactful redirection effectively diffuses tension, fostering a more harmonious and enjoyable gathering for all participants. Hint: Before your next get-together, hone these skills. See if they help create more joyful memories.



Build Your Personal Brand in the Workplace

Entrepreneur Elon Musk is known for taking risks, having big ideas, and visionary leadership. This describes his “brand.” A personal brand in the workplace reflects your unique strengths and values,



but this image shouldn't be accidental. Decide how you want to be viewed by your organization. Identify the values that underlie the vision you hold for yourself, and then remain consistent with your vision in everything you do. Your visibility, recognition, career opportunities, stronger relationships, and ability to be a positive influence will likely follow, and along with them will come more doors open to more opportunities.

Holiday Foods to Target Alcohol's Effects

Here are the foods you may want to consider serving because they best slow the rate of alcohol absorption at a holiday party. Fatty foods: cheese, avocados, nuts, and meats. These foods may help coat the stomach lining, slowing the passage of alcohol into the bloodstream. Foods high in protein: chicken, fish, eggs, and tofu. Protein takes longer to digest, potentially delaying alcohol's entry into the bloodstream. Fiber-rich foods: fruits, vegetables, and legumes. Fiber can potentially delay the passage of alcohol into the bloodstream by slowing down digestion. Important! Drinking responsibly and having a designated driver or alternate transportation are still key to hosting a safe social event.





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