



MONTHLY MEETING

WEDNESDAY, JANUARY 10, 2024, NOON AT
WESTVIEW INN



GUEST SPEAKER

**West Salem Police Chief
Kyle Holzhausen**

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 of \$10 toward the buffet lunch.



**THANK YOU TO THE WEST SALEM SHOW
CHOIR YOU'RE YOUR ENTERTAINING CHRISTMAS
CAROLS AT OUR DECEMBER MEETING.**

Monthly Meeting Update

December 13, 2023

Meeting called to order at 12:23 p.m. by Vice President Jen Hatz. Members introduced themselves and relayed any holiday highlights and announcements from their businesses.



After a delicious buffet lunch, the regular meeting commenced.

Minutes

The minutes of the November meeting were distributed and reviewed. Motion by Steve Zeman, seconded by John Reusch to approve the minutes as presented. Motion approved.



Treasurer's Report

Treasurer Jodie Curtis distributed the Association bank balance report was distributed. Motion by Steve Zeman, seconded by Tim Groth to approve the treasurer's report as presented. Motion approved.

La Crosse Area Day

The members discussed sponsoring a WSBA bus to the 27th Annual Explore La Crosse Day scheduled Wednesday, June 26, 2024, Explore La Crosse Day with the Brewers is an annual celebration to watch a Milwaukee Brewer game. The event is shared by hundreds of people from the area with a tailgate party bursting with food, beverages, live music, games, and raffles. Sponsorship of a bus is \$300.



Motion by Glen Danielson, seconded by Ashley Giese to again sponsor a bus for \$300. Motion unanimously approved.

Upcoming Events in the Community:

- Lions Club Toy and Food Drive - now through 12/16
- The Rotary Lights Teddy Bear Drive
- Library Program Highlights
- Jane Doe Foundation
- Any other Holiday Announcements from Members

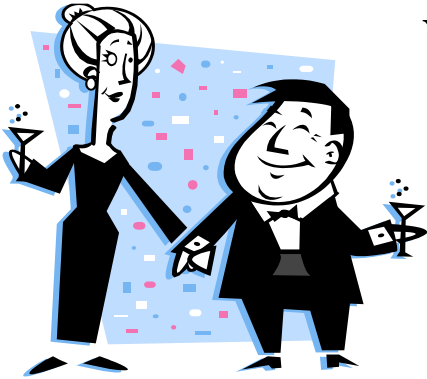
REMINDER - CHECK OUT THE MONTHLY NEWSLETTER and submit any monthly announcements or highlights to Secretary Teresa DeLong.

RENEWALS - Renewal notices were emailed. Please make sure to sign in on the website to update your payment information - \$100/year - includes monthly lunch. Any questions or concerns

or to use a check as the form of payment please feel free to reach out to Treasurer Jodie Curtis.

Motion by Katie Kopplin, seconded by Karla Krause to adjourn the meeting at 12:45 p.m. Motion approved by voice vote.

Teresa L. DeLong, Secretary



West Salem Business Association Annual Meeting and Banquet *Thursday, February 8, 2024* *American Legion Post 51* *143 Leonard Street South*

The West Salem Business Association will look back on another year on Thursday, February 8, 2024.

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 entertainment. Cocktail hour will begin at 5:30 p.m., and dinner will be served at 6:00 p.m.

WHAT ARE PEOPLE SAYING **ABOUT LYNNX NETWORKS SERVICE?**

"I love to be able to talk to a real person when calling with questions. Everyone I've spoken to has been super friendly and knowledgeable."

-Chuck
Lynxx Networks West Salem Customer



www.getlynxx.com



This is a celebration of those songs and "That" sound told via the velvet voice of singer/actress Joanne O'Brien. Fall in love with the sound of Karen Carpenter all over again.

Thursday, January 18th at 7:30 pm

Yesterday Once More - The Sound of Karen Carpenter featuring Joanne O'Brien. Get your tickets now by calling the box office or ordering online at www.heidercenter.org

Box Office: (608) 786-2550 Hours: 1:30 pm - 4:00 pm Monday, Wednesday and Friday



Master Persistence and Stick with Your Resolutions

Persistence—who can deny its essential role in the success of any endeavor? Persistence is your ability to continue to strive toward your goal, completing tasks and overcoming obstacles. Motivation is not the same as persistence. Motivation refers to the inner desire, and it is what fuels persistence. To experience more success, foster persistence. 1) Be very clear about your goal so persistence has a vision and target. 2) Make your goal achievable, not overwhelming. 3) Do not delay tasks needed to accomplish your goal. Delay slows progress, and experiencing slowness can undermine one's desire to persist. 4) Avoid negative self-talk, self-doubt, and fear of failure. They too can sabotage your persistence. To fuel persistence, in 2024 laugh in the face of setbacks and embrace mistakes as challenges.





Could You Benefit from a Stand-up Desk?

Could a stand-up desk be a good thing for you? By using a stand-up desk, you enjoy numerous benefits, including decreasing the amount of time sitting while warding off the related adverse health effects, improving posture, reducing strain and pain, remaining more alert, and burning more calories while working, as well as increased energy and higher productivity. Benefits vary among individuals, and some jobs are more suitable than others to the implementation of stand-up desks.

Learn more: www.ncbi.nlm.nih.gov/pmc/articles/PMC8582919/.



***PART OF YOUR LOCAL
COMMUNITY SINCE 1907***



(L) Donna, Financial Analyst
(R) Erika, Director of Digital Media

LYNXX
NETWORKS

Get a Post-holiday Financial Rehab Strategy

Rather than experience the dread that comes with knowing bills are coming due soon, get proactive with a post-holiday financial rehab strategy plan. Take charge now to regain control over your finances and set a positive tone for the year ahead. Focus on creating a realistic budget, track expenses, and decide on financial goals. Get debt repayment strategies, if needed, from online or community resources like the National Foundation for Credit Counseling, where lots of resources have recently been established online to help you. And don't forget to ask your EAP how they can help! Learn more at nfcc.org.



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**BEST OF
LA CROSSE
COUNTY**

2024

**BEST OF
LA CROSSE COUNTY**

8 **RIVER VALLEY** **PHASE 3**
REMODELERS original

Nomination Round
Dec 1 - Dec 31

Voting Round
Feb 1 - Feb 29

Winners Announced
April 1

Find our WSBA members and vote for them!!!

<https://www.news8000.com/entertainment/contests/best-of-la-crosse-county/#//>

JANUARY 2024

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

SPECIAL YOUTH PROGRAM

MEET DR. KING

Bright Star Touring Theatre is back with a play that takes us from Dr. King's life as just a young boy experiencing racism for the first time, to meeting his wife, Coretta, to becoming a pastor and finally a national inspiration. Best for grades K-5. *Funding provided by the Ben and Floyde Sias Library Trust Fund.*

ONALASKA LIBRARY
Tuesday, January 16
4 pm



READING CHALLENGE

HOT READS FOR COLD NIGHTS

Read or listen to 3 books between January 16 and February 26 to win a prize and be entered into the grand-prize drawing. Pick up a reading log or participate online through the Beanstack app! For adults ages 16+.



NOTES

WINTER MOVIES

Join us for a free movie! See our website for titles and dates/times.

CLOSED DATES

All locations will be closed on:

- **Monday, January 1,** for New Year's Day
- **Monday, January 15,** for Martin Luther King Jr Day

YOUTH PROGRAMS

STORY TIMES

Story times begin January 8!

- Baby Bop
- Tiny Tales
- Tales for Twos
- Library Learners
- Bilingual Story Times



ART PROGRAMS

-Embossing copper foil-

Imagining Snowflakes
Onalaska | Jan 13 at 10 am

Snow Prints & Drifts
Onalaska | Jan 27 at 10 am

GENERAL PROGRAMS

CRAFTERNOON

WEST SALEM LIBRARY
Tuesday, January 2
2 pm - 4 pm

NEW monthly program!

BUDGETING BASICS WITH COULEE BANK

HOLMEN
January 9
10 am

ONALASKA
January 10
6 pm



GAME DAY

BANGOR LIBRARY
Thursday, January 11
1:30 pm

ART IN THE LIBRARY FOR ALL: POETRY WRITING

ONALASKA LIBRARY
January 18 at 1:30 pm
January 25 at 1 pm

LEARN THE CHARLESTON

HOLMEN LIBRARY
Monday, January 22
5:45 pm to 7 pm



PILATES BASICS

ONALASKA LIBRARY
January 24 at 8 am
January 31 at 8 am
+ 2 more in February!

JIGSAW PUZZLE BATTLE

WEST SALEM LIBRARY
Saturday, January 27
10 am



HOT CHOCOLATE BAR

HOLMEN LIBRARY
Wednesday, January 31
Drop in 1 pm - 6 pm





www.westsalemwi.org

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