



NO MEETING THIS MONTH.

The regular membership meeting for May is cancelled in order to afford members the opportunity to participate in Panther Portfolio project judging.



**JUNE DAIRY DAYS KICK OFF
BREAKFAST IS FRIDAY, MAY 31,
2024, AT NOON AT WESTVIEW
INN, DOWNTOWN WEST SALEM
Guest speaker this year is
Katrina Hoesly, finalist for Alice
in Dairyland**

Regular Meeting April 10, 2024

Meeting called to order at 12:00 Noon by President Jennifer Hatz. Introductions, information on upcoming events, and announcements were made. President Hatz reminded the members to place a business card in the basket for a chance to win a \$25 West Salem Bucks certificate. If those in attendance are members of the WSBA, contact Treasurer Jodie Curtis if interested in being added to the list of participating members on the reverse side of the West Salem Bucks certificate.

Minutes

Motion by Stephen Cohen, seconded by Ashley Giese to approve the minutes of the March regular meeting as presented. Motion approved by voice vote.

Treasurer's Report

The Treasurer's report to date was distributed. The general account balance as of March 31, 2024, was \$11,640.80, with a total of \$4,627 in designated funds for scholarship funds not yet redeemed and West Salem Bucks net yet redeemed.

Motion by Alex Wegner, seconded by Ashley Giese to approve the Treasurer's Report as distributed. Motion approved by voice vote.

After a delicious buffet lunch, guest speakers Ryan Nelson and Kim Volden presented the new Panther Portfolio (formerly the senior exit project) required for graduating seniors.

La Crosse County Library Outreach Program

Motion by Rick Wilson, seconded by Alex Wegner to donate \$300 to the new program outreach program. Motion unanimously approved.

Upcoming Events

Upcoming events include the annual Village-wide clean up scheduled for Saturday, April 27; June Dairy Days Kick-off Lunch will be held on Friday, May 31 at Noon; La Crosse Area Day is June 26; National Night Out is August 6; and the WSBA Annual Golf Outing will be September 11. There is no May 8 regular meeting.



Derek Peterson, Peterson Agency & Associates, is the \$25 West Salem Bucks Certificate winner for April.

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

Teresa L. DeLong, Secretary/Director



The Annual Spring All-Village Rummage Sale is Thursday through Saturday, May 16, 17, and 18, 2024

The West Salem All-Village Rummage Sales is Thursday through Saturday, May 16-18 from 7:00 a.m. to 3:00 p.m. (individual seller times may vary).

There are many homes listed on the map which will be available at "Proud

Participant" rummage sales as well as at Historic Salem, Le Coulee Cheese Castle, Kwik Trips, Hansen's IGA, and the Village Hall. If you would like to include your home on the map, please consider a free-will donation to the Historical Society.

Everything from "soup to nuts" will be available! If you need it, you will probably find it!

The West Salem Historical Society is also using this as a fundraiser for the Palmer-Gullickson-Octagon House restoration. We are seeking any donations (NO CLOTHING) to sell. Please contact Errol Kindschy at 608-518-8566.

Please call Errol Kindschy with any questions: 608-518-8566



Your West Salem Business Association has traditionally provided a speaker and organized the June Dairy Days Kick Off lunch.

This year is no exception.

Guest speaker this year is Katrina Hoesly, finalist for Alice in Dairyland



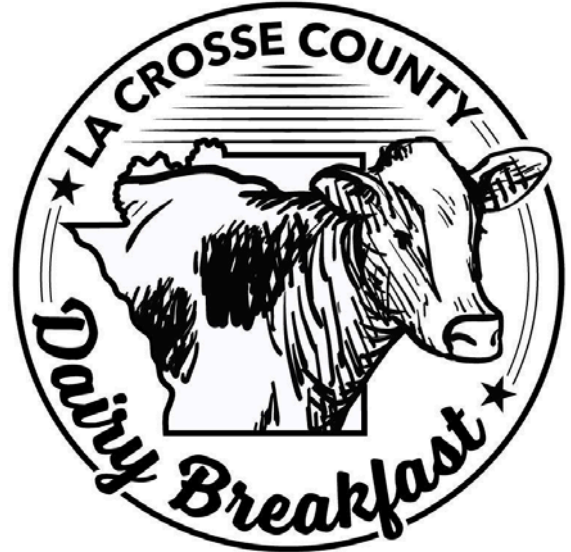
The June Dairy Days LUNCH is Friday, May 31 beginning at Noon at Westview Inn. Tickets are \$10.00 and are available at the door.

For information, updates, schedule of events, registrations, photos, and much more, check out the June Dairy Days website at www.junedairydays.com.

2024 La Crosse County Dairy Breakfast!!

It's back! The La Crosse County Lions are hosting a Dairy Breakfast at the West Salem Fairgrounds on June 15th. Come enjoy a Dairy-Filled Breakfast of Pancakes, Cheesy Eggs, Sausage and all the milk, yogurt, ice cream and cheese are the stars of the show! Learn how the Dairy Industry impacts our community and show some love for our Wisconsin Dairy Farmers! Interested in volunteering? Contact the Mindoro Lions!

Rain or Shine - We'll See You There!



 Find us on
Facebook

<https://www.facebook.com/events/1124215705283977>



Business Card Binder

Attention all West Salem Business Association members!!!

We still have the business card binder for all of our members.

Please bring 10 business cards to the June lunch meeting. All of the business cards will be put in the binder that will be available at our meetings and events.

This will be a great resource for members and non-members alike to be able to find more information on businesses and services they are looking for.

Please feel free to take a card from the binder for anything that you need or to share with your personal network so that we can help promote all of the West Salem Business Association members.

West Salem Business Association Board of Directors

President:	Jennifer Hatz, River Valley Media Group
Vice President:	Dave Noelke, Century 21 Affiliated
Secretary:	Teresa DeLong, Village of West Salem
Treasurer:	Jodie Curtis, Union State Bank
Directors:	Glen Danielson, Signarama Rick Wilson, Magnum Media Group Ashley Giese, Hazel Brown Leicht Memorial Library
Past President:	Stephen Cohen, Edward Jones

Get the Positivity Back in Your Team

Does your workplace team have a strong bond with a high level of trust? If not, getting the positivity back is probably easier than you think. Team morale will naturally erode if simple tasks that reinforce cohesiveness are ignored due to time pressures, deadlines, staff shortages, and overwork. This allows minor tensions and miscommunications to fester. So, create routine opportunities for facilitated discussions where the whole team can privately address conflicts, miscommunication, and perceived tensions to constructively resolve issues. Use this time to also clarify roles, responsibilities, and expectations. Dispel ambiguity and new potential sources of conflict. Now, witness how better you feel coming to work tomorrow.



Hosting a garage sale before you move can help declutter your home and make your move smoother- plus, it's a great way to earn some extra cash!


CouleeRegionHomes.com

GARAGE SALE TIPS & TRICKS

CENTURY 21 Affiliated

- DISPLAY ITEMS NICELY
- PRICE GOODS CLEARLY
- START EARLY
THURS/FRI/SAT
(7 OR 8 AM)

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REALTOR®, Lic. 83144-94
CouleeRegionHomes.com



ADULT EVENT CALENDAR

Summer 2024



Books & Writing



Can You Haiku? Story Strolls

Read patrons' poems displayed outside in our first multigenerational story stroll.

May | All locations



Author Visit: Sue Berg

Sue Berg will be discussing her latest book in the Driftless mystery series. Books will be available for sale (cash or check).

Bangor Library | May 9 | 6:30 p.m.



Write Your Story: Memoir Writing Workshop

Learn tips for writing an engaging memoir or narrative essay. Taught by local author Christy Wopat. **R**

West Salem Library | June 15, June 29, & July 13 | 9 a.m.



Book Sale

Cash or check only; cancelled if raining. Organized by the Friends of the Library.

Campbell Library Parking Lot | June 22 | 8 a.m. to 1 p.m.



Wine, Cheese, & Book Tasting

Enjoy wine and cheese pairings from Hy-Vee while you browse new and popular books. Must be 21+. **R**

Onalaska Library | July 17 | 6 p.m.



Summer Book Bingo: Read, Renew, Repeat

Pick up a bingo card or play on Beanstack for a chance to win prizes! For ages 16+.

All locations | June 17 - August 10



Get Stamped! Library Passport Challenge

Visit each Winding Rivers Library location for a stamp in your library passport! For all ages; prize drawings.

May 28 - September 3 | All locations



Able Reads Book Club

Join us and other adults who have special needs for a fun time reading together at the library! Questions? Call 608-399-3383 or email libraryprograms@lacrossecounty.org

Onalaska Library | Wednesdays | 1:30 p.m.

Senior Programs



Senior Moments

Learning and entertainment for older adults. Generously funded by the Ben & Floyde Sias Foundation.

Onalaska Library | May 1 - Booth Girls | 10 a.m.

Onalaska Library | May 8 - Wisconsin Railroads | 10 a.m.

Onalaska Library | May 15 - Senior Fair | 10 a.m. to 11:30 a.m.

R Registration required. Registration opens up one month prior to the event.

For details about these programs or to register, visit the [Adult Programming](#) page of lacrossecountylibrary.org

ONE LIBRARY ... FIVE LOCATIONS

BANGOR

John Bosshard Memorial Library
1720 Henry Johns Blvd
Bangor, WI 54614
608.486.4408

CAMPBELL

F.J. Roberts Library
2548 Lakeshore Dr
La Crosse, WI 54603
608.783.0052

HOLMEN

Holmen Public Library
121 W Legion St, PO Box 220
Holmen, WI 54636
608.526.4198

ONALASKA

Onalaska Public Library
741 Oak Ave S
Onalaska, WI 54650
608.781.9568

WEST SALEM

Hazel Brown Leicht Memorial Library
702 Industrial Dr
West Salem, WI 54669
608.786.1505

ADULT EVENT CALENDAR

Summer 2024



Movement



Yoga on the Library Lawn

An instructor from PALM + PINE will lead these 45-minute introductory yoga classes. **R**

Holmen Library Lawn | Campbell Library Lawn
June 5, 12, & 19 | 6:15 a.m. | August 7, 14, & 21 | 6:15 a.m.

Art



Wildflowers & Watercolors

This guided workshop offers a chance to learn about native wildflowers and prairie grasses, while connecting with nature through your own expressive watercolor painting. Materials provided, no art experience required. **R**

Upper Mississippi River National Wildlife Refuge
June 11 | 9 a.m. to 11 a.m.



Cheesecake & Canvas

Art class for ages 16+. No experience necessary: step-by-step instruction & all supplies provided. You are welcome to bring your own covered beverage—we'll bring the cheesecake! Cost is \$15 per person (cash/check). **R**

West Salem Library | June 20 | 6:30 p.m.

Nature/Environment



Birdwatching for Beginners

Join local birder, Michael Huffman, as we use the skills we learned in April's program on an hour-long bird-watching expedition. **R**

Great River Landing | May 7 | 8 a.m.



Simplify to Sustain: The Impact of Decluttered Living

Learn how a decluttered home can be good for you and the planet. We'll share easy tips for a simpler, eco-friendly lifestyle. Attend either session.

Onalaska Library | July 9 | 10 a.m.

Campbell Library | July 10 | 6 p.m.



Free State Park Passes

Inquire at Checkout Desk for availability.

Gather



Game Day

Bring your favorite game (optional) and join us for this casual get together. *Note: On hiatus over the summer.*

Bangor Library | May 9 | 1:30 p.m.



Free Movies on the Big Screen

Select locations; check website for dates, times, and titles.

R Registration required. Registration opens up one month prior to the event.

For details about these programs or to register, visit the **Adult Programming** page of lacsossecountylibrary.org

STAY IN TOUCH ...

WEBSITE
lacsossecountylibrary.org

NEWSLETTER
Sign up for one of our monthly newsletters on our website.

SOCIAL MEDIA
Facebook: [lacsossecountylibrary](https://lacsossecountylibrary.org)
Instagram: [lacsossecountylibrary](https://lacsossecountylibrary.org)

EMAIL
libraryprograms@lacsossecounty.org

Avoid Workplace Communication Landmines

Many organizations view communication problems as their biggest and costliest challenge. Virtually nothing happens without communication, so this leaves a lot of room for trouble. Regarding impact on staff, employee conflicts, hard feelings, resentments, and even a desire to leave the employer entirely are consequences associated with problematic communication. How many of the following communication landmines do you recognize? 1) Misreading the tone of text (misinterpreting a received message creates unnecessary tension); 2) lack of clarity or information when given an assignment (leads to confusion, frustration, and delay or possibly fear of asking for further clarification); 3) failure to validate (not giving the speaker verbal and nonverbal cues that confirm the message is being received and understood, causing frustration and tension); 4) withholding information (deliberately withholding information or excluding coworkers from important discussions leads to feelings of exclusion and resentment); and 5) ignoring nonverbal cues such as facial expressions or other body language during a conversation meant to convey feeling and meaning (the person speaking feels the listener is disinterested or lacks empathy, creating tension). If there is one overarching strategy for preventing or overcoming communication challenges, it is promoting a workplace culture that fosters respect. This positive workplace lays the groundwork for better communication by promoting trust, collaboration, and mutual understanding among employees. Respectful workplaces solve conflicts faster and their frequency because employees are more willing to speak up, dialogue about issues, and find solutions. This shortens the life of conflicts and helps avoid damage to relationships.



How to Fix Your Day

Experiencing a negative event can disrupt your day, causing your previously uplifted mood to seemingly vanish. Take these actions to restore your positive mindset: 1) Admit things have been thrown out of whack and your feelings are normal. 2) Attempt a short “geographic” change (like a walk outside to change visuals away from the scene of the event). 3) Identify negative thoughts reverberating from the event. 4) Challenge the negative thoughts to disrupt their effects. 5) Identify positive thoughts to make #4 a speedier step. 6) Focus on what you can control—reaction, perspective, prevention, improvements, boundaries, self-care, etc. This gives you a constructive outlet to match your need to respond. 7) Plan a good thing or two—events, experiences, and treats—to rebalance the day. 8) Need support? Reach out to that friend to vent. 9) Find the lesson. Discover or consider what positive outcome exists indirectly or directly because of the event?) 10) Celebrate that you fixed your day!



Marie W. Heider Center for the Arts West Salem, WI 2024 - 2025 Season



TAKE 3!
Friday, October 25, 2024
7:30 pm



PARROTS of the CARIBBEAN
Jimmy Buffet Tribute
Saturday, November 23, 2024
7:30 pm



A Very Diva Christmas
Thursday, December 19, 2024
7:30 pm



Transit Authority
#1 Chicago Tribute
Sunday, January 19, 2025
7:30 pm



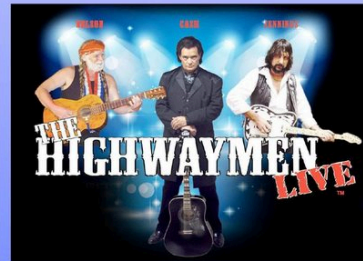
RED CORVETTE
Ultimate Prince Tribute
Friday, February 7, 2025
7:30 pm



The Hall Sisters
Thursday, February 27, 2025
7:30 pm



Jared & The Vagabonds
Saturday, March 8, 2025
7:30 pm



The Highwaymen Live
Thursday, April 10, 2025
7:30 pm

For a Season Brochure or to purchase tickets online go to: www.heidercenter.org
Individual show tickets on sale August 12, 2024



Marie W. Heider Center for the Arts
405 E. Hamlin Street, West Salem, WI 54669

Box Office

Hours: Monday & Thursday: 1:30 pm - 4:00 pm
(Open everyday the week of a show 1:30pm - 4:00pm)

(608)786-2550

www.heidercenter.org

Mother's Day Brunch Buffet

Sunday May 12th

10am-2pm



FEATURES
SPORTS BAR

Make your reservation today for our
Mother's Day Brunch Buffet!
Sunday May 12th, 2024
10am-2pm
We accept any reservation size!

ALL MOMS RECEIVE A FREE MIMOSA!
BEEF TIPS AND HONEY GLAZED HAM
SWEDISH MEATBALLS- MASHED POTATOES-CORN-
BREAD STICKS-FRENCH TOAST STICKS-WESTERN
SCRAMBLE-SCRAMBLED EGGS- BREAKFAST
POTATOES-MINI CORNDOGS-SAUSAGE LINKS-
BACON-FRUIT-MINI DONUTS-DESSERTS

Adults: \$18.50

Kids 12 and younger \$8

Call (608)786-9000 to make your reservation! Will fill up fast!

STREET DRAGS
LACROSSE SPEEDWAY

THURSDAY NIGHT STREET DRAGS
- THURSDAY, MAY 16, 2024 -

LaCrosse
FAIRGROUNDS SPEEDWAY

GATES 6:00 PM - GRUDGE/PRACTICE RUNS 6:45 PM - BRACKETS 7:30 PM

- **SIDE BY SIDE DRAGS**
- **20+ BRACKETS**
- **BURNOUT CONTEST**
- **SHINE 'N SHOW CONTEST**

Auto Value
Parts Stores

LACROSSE SPEEDWAY - WEST SALEM, WI - 608-786-1525 - WWW.STREETDRAGSLAX.COM

Street Drags are a great opportunity for anyone to drag race their own car, truck, SUV, van, motorcycle, ATV on our 300-foot dragstrip utilizing the front stretch of the racetrack. Competitors will be broken into

brackets, so you will race with vehicles like yours! Side by side fun in your own lane! We always like to say, if it has wheel, we have a bracket for you! Brackets include (but are not limited to) Open Class, Cycles, Detroit Iron, Family Sedans, Forced Air, Domestic Performance, 2WD Trucks, Electric, SUV, ATV, Side by Side, Euro Performance, Tuners, 4WD Gas, 4WD Diesel, and High School! The fun doesn't end there! Also, part of every Street Drag event is our Shine 'n Show car show contest where you can showcase your hot rod as well as the Burnout Contest where you can be the burnout champion for the night! Looking to participate in the FUN of Thursday Night Street Drags at La Crosse Fairgrounds Speedway? Be sure to check out our website:

<https://streetdragslax.com>

Admission

\$10 Pit Pass (All Ages)

\$10 Grandstand Admission (Ages 12+, 11 and Under Free)

\$10 per each Bracket Entered

2024 Street Drag Schedule

Thursday, May 16th, 2024

Thursday, June 20th, 2024

Thursday, July 18th, 2024 (Fair Time Street Drags!)

Thursday, August 15th, 2024

Thursday, September 19th, 2024

La Crosse Speedway is located at N4985 County Road M in West Salem, WI 54669. For more information on La Crosse Speedway, please visit our website <https://lacrossespeedway.com> email info@lacrossespeedway.com or call the Speedway Office at 608-786-1525.

For up-to-the-minute updates, please "Like" La Crosse Speedway on Facebook or "Follow" us on Twitter @LAXSpeedway.

We will see YOU for a Summer of FUN!

Under the Rust

132 Leonard Street South, West Salem
Find rustic decor, repurposed antiques, painted signs, candles,
fresh and silk floral arrangements



**JOIN OUR
TEAM!**

Apply online today
www.hansensigacareers.com



Mental Decluttering— a Different Kind of Spring Cleaning

Mental clutter is overpowering stress created by the daily demands of modern life, our multiple roles, to-do lists, thoughts, emotions, responsibilities, and the constant influx of information. Enter the self-help concept of decluttering to reduce stress, improve concentration, enhance creativity, and cultivate a greater sense of well-being.

Mental decluttering is about creating space for what truly matters and letting go of what no longer serves us mentally and emotionally. Signs indicating the need for mental decluttering include difficulty concentrating, experiencing a lack of creativity, and feeling disconnected from a positive sense of well-being. The practice of mental decluttering may involve various techniques, such as mindfulness meditation, journaling, prioritizing tasks, setting boundaries, and letting go of negative thoughts or emotions. New resource: “Declutter Your Mind and Stop Overthinking: 87 Tools & Techniques to Calm Your Mind & Improve Your Wellbeing (2023)”





www.westsalemw.org

Follow us on



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