



MONTHLY MEETING

WEDNESDAY, OCTOBER 9, 2024, NOON
WESTVIEW INN, DOWNTOWN WEST SALEM



GUEST SPEAKERS:
Chief of Police Scott Alo and
Sergeant Jacob Walker
West Salem K-9 Program

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 toward the buffet lunch.



**Find us on
Facebook**



Trick or Treat,
Trunk or
Treat ~ Let's
give the kids
something fun
to eat.

Submitted by WSBA and West Salem Parks and Recreation Department:

Downtown Trick-or-Treating is fast approaching. Downtown Trick-or-Treating will be held on **Thursday, October 31 from 3:00 p.m. until 5:00 p.m.**

Every year our numbers have gone up. This year we are anticipating over 1,100 children. That is at least 500 adults who get exposed to your business.

We distribute signs the morning of October 31 to all of the participating businesses welcoming the Trick-or-Treaters in, and when you are done or out of candy treats, simply pull your sign out of your window.

West Salem Parks and Recreation Department is excited to again hold the annual Trunk-Or-Treat event in Village Park.

These free community events provide a safe and unique trick-or-treating experience for families. Costumed children, age 12 and under, will trick-or-treat outdoors from 3:00-5:00 pm on Thursday, October 31 by going between downtown businesses on Leonard St. and booths set up in West Salem Village Park to get their bag filled with goodies.

We are encouraging businesses and organizations to consider hosting a Trunk-Or-Treating booth in Village Park to promote a safe and centralized location

for kids to go. As safety is a prime concern, we would like to aid in getting kids off the street and into the park, away from traffic. This option will also provide businesses with small offices the ability



to reduce congestion at their place of work. If your business is interested in participating in this event with a booth in Village Park, please let the West Salem

Park & Recreation Department know by October 18th so we can reserve a spot for you. Picnic tables will be provided around the park for you to utilize, however, you are more than welcome to bring along any of your own booth supplies to promote your business and make your spot your own. Additional details are available in our Fall/Winter brochure or in the email previously sent out to all members.



Domestic Violence Awareness Month: Supporting Coworkers Facing Domestic Abuse

You may not immediately recognize that a coworker is a victim of domestic violence by spotting bruises or a black eye. Instead, several symptoms observed over time can lead you to feel a stronger sense of concern about your coworker's situation. Isolating themselves at work, not participating in office events, receiving flowers at the office as a gesture of forgiveness from an abuser, or being overly cautious about not staying late can all raise suspicions. Talk to your employee assistance program (EAP) about your concerns. They can provide you with resources, support, and strategies for approaching the situation sensitively. Domestic abuse victims—30% to 40%—eventually confide in a coworker. So, this places you in a unique position to offer support. The EAP can help you understand how to offer assistance to your coworker while maintaining confidentiality and respecting their privacy.



Stress Tips from the Field: Schedule “Think Time” and Decompress

Simply pausing to think might be one of your best techniques for managing stress. On a busy day, pausing to think can help you organize your thoughts, prioritize tasks, and clarify goals. Doing this may lead to better decisions while you reduce mental clutter. (Mental clutter is the overwhelming thoughts, worries, distractions, and information that pile up in your mind and make productivity difficult.) Just five minutes of no distractions and calm can help you prevent burnout, give you a bit of renewed energy, and let you decompress. This week, plan some five-minute think times throughout the day. Then, see if you experience more mental clarity, creativity, and job satisfaction, along with the sense that you are more effectively managing stress.



Deepening Relationships at Work for Improved Job Satisfaction

Most people come to work, do their job, and leave. They interact with coworkers just enough to get by—without recognizing the value their colleagues bring. Don't leave workplace relationships to chance. Actively build them to enhance your well-being and create a fulfilling work environment. You'll find more meaning in your job. Here's how: Seek out and participate in transparent conversations where ideas, concerns, and feedback are shared freely. Offer support and show appreciation for your coworkers' efforts. Regularly collaborate on projects. Participate in team activities. Be approachable and “askable,” which means being open, friendly, and easy to talk to, so that others feel comfortable coming to you with questions or concerns. Learn simple skills to resolve conflicts constructively, and make a habit of celebrating successes together.



Discover What Nutrition Can Do

Participate in a one-week nutritional improvement challenge. Then, see if you notice the benefits, including a positive difference in mood, energy level, concentration, sleep quality, and overall stress levels, especially at work. Do this with a friend so you can discuss your experiences together. The end result may be a greater conscious awareness for healthier eating, and less reliance on—or perhaps even rejection of—unhealthy, processed foods. You will find more than 30 such seven-day healthy meal plans to choose from at this link: <https://www.eatingwell.com> [Search “seven day meal plan”]



West Salem Historical Society



Antiques, Art and Collectibles



Sale



PROCEEDS TO BENEFIT THE
PALMER-GULLICKSON OCTAGON HOUSE RESTORATION

Hazel Brown Leicht Library

702 Industrial Drive, West Salem, WI 54669

Friday Oct. 18th
2pm-6pm



Saturday Oct. 19th
9am-3pm

WWW.WESTSALEMHISTORICALSOCIETY.ORG

Furniture
Jewelry
Glassware

Paintings
Prints
Breweriana

Vintage
Folk Art
Christmas

Mid Century Modern
Seasonal Fall
Antique Toys



www.westsalehistoricalsociety.org



Altra Federal Credit Union Presents

WEST SALEM

★ MEMBER APPRECIATION ★



FRIDAY OCTOBER 18, 2024 • 9:00AM - 5:00PM

★ ★ ★ ★ ★ ★ ★ ★

PRIZES | CIRCUS GAMES | FOOD



Hotdogs will be served starting at 11:30
 Snacks will include Cracker Jacks, Cotton Candy, Popcorn and Snow Cones.
All while supplies last.

★ ★ ★ ★ ★ ★ ★ ★

ENTRY IS FREE
 1400 WATERLOO AVE., WEST SALEM

Join us for our special Member Appreciation Circus Celebration!

Date: Friday, October 18th

Time: 9:00am - 5:00pm

Location: Altra's West Salem Branch located at 1400 Waterloo Ave. West Salem, WI 54669

We're excited to show our appreciation for your continued trust and support! Stop by to enjoy:

- 🎪 Circus Games & Prizes
- 🌭 Hotdogs starting at 11:30am
- 🍿 Cracker Jacks, Cotton Candy, Popcorn, and Snow Cones (all while supplies last)

Come celebrate with us, enjoy the circus festivities, and let us thank YOU for being a part of Altra!

The
SHERIE GRASS
 Team presents...



THE FOURTH ANNUAL
NOT SO SCARY
 Trick or Treat Trail

Friday, October 18th
 4:00pm to 7:00pm

Maple Grove Venues
 W4142 Co HWY B
 West Salem



RE/MAX
 RESULTS

West Salem American Legion
Building Fundraiser

Designer Purse Bingo

Brands: Coach, Michael Kors, Kate Spade, Dooney & Bourke, Portland Leather Goods & more!

November 2, 2024

\$50 per ticket

Ticket includes: 10 game Bingo packet, Dinner & Door prize entry

Purchase tickets before October 5, 2024 and be entered to win the Early Bird Purse basket

11:30 am doors open
1pm bingo begins

Ticket holders for the event will also have the opportunity to purchase additional bingo packets and black out bingo cards at the event

Berg Hemker Olson American Legion Post 51
148 Leonard St S, West Salem, Wi

Conquer Digital Time Theft

Digital time theft is passage of time that produces no or little workplace productivity resulting from diverted attention while engaged in online, nonwork-related activity prompted by distraction. If you have experienced digital time theft, you know the frustration of suddenly realizing you've been distracted by some online activity again. It can feel as though you have little control over how easily you are sidetracked, but gaining control might be easier than you think. Experiment with what works for you. Do a search for highly specific apps/tools that dramatically increase self-control over precisely this problem. They allow you to avoid online distractions, so you do not mindlessly browse the Web but instead stay on task. Some tools even add a delay in opening a web page long enough for you to catch yourself being distracted, so you can return to your current work! Google: "apps to help you focus".



FIRE PREVENTION WEEK OCTOBER 6-12



FREE FIRE EXTINGUISHER INSPECTIONS

OCTOBER 9, 2024 | 2 PM - 6 PM

**1906 COMMERCIAL ST.
BANGOR, WI**

WHAT TO EXPECT:

- ✔ Free Extinguisher Inspections*
- ✔ Free Hands On Live Burn Training 3 PM
- ✔ Discounted Extinguisher Recharging
- ✔ New Extinguishers & Smoke Alarms for Purchase

Limit to 2 free extinguisher inspections per person

PRE-REGISTER ON EVENTBRITE OR WWW.FPSWEB.NET



FIRE PROTECTION SPECIALISTS

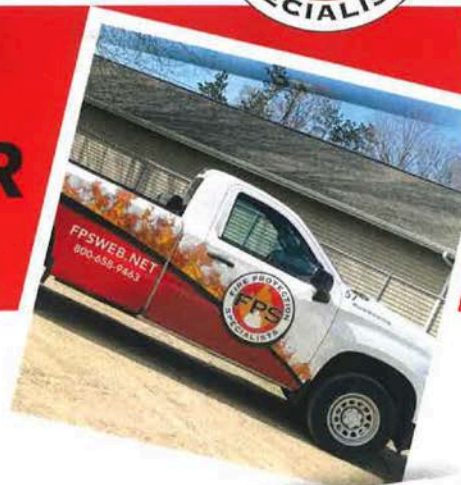
EXTINGUISHERS - ALARMS - FIRE SUPPRESSION - SPRINKLERS - HOOD CLEANING
DESIGN - INSTALL - SERVICE - NEW - INSPECT

24/7. 800-658-9463

INFO@FPSWEB.NET



WWW.FPSWEB.NET





GRAND OPENING!

**WEST SALEM
BIKE PARK**

FOOD, DRINKS, ACTIVITIES

OCTOBER 24TH
4PM - 6:30PM



FUN FOR THE WHOLE FAMILY!



The Outdoor Recreation Alliance (ORA) is thrilled to announce the Grand Opening of the West Salem Bike Park on Thursday, October 24th, 2024, from 4:00 pm to 6:30 pm!!!

This exciting project, located at Lewis Point Park in the Village of West Salem, has been in the works for two years thanks to the dedication of ORA and a passionate group of local residents. With support from the Village, the bike park has been constructed in the greenspace next to scenic Lake Neshonoc.

The West Salem Bike Park adds to the existing charm of Lewis Point Park, which already boasts a dog park, a shaded gazebo, shoreline access, and ample green space for play. The new paved pump track and access trail will provide a fun and inclusive recreation area for people of all ages and abilities.

Mark your calendars! The Grand Opening celebration on October 24th will be an excellent way to experience all the pump track has to offer. We invite the entire community to join us for:

- Free food and drinks, provided by ORA
- A chance to test out the brand new pump track, including a beginners loop, advanced lines for the experienced rider, and everything in between (helmets are required, and human-powered equipment like bikes, scooters, or striders, are encouraged)
- A chance to celebrate this exciting new addition to West Salem

Please note: While construction is currently underway at the park, it is expected to be completed by mid-October. Until then, the area remains a construction zone. Please obey any signage or caution markings in place. Construction partners on this project include Rock Solid Trail Contracting, Dirt Monkey Excavating LLC,

Mathy Construction, and the Outdoor Recreation Alliance (ORA Trails). For more information about the West Salem Bike Park Project, or to make a donation to support future initiatives, please visit our website: <https://www.oratrails.org/ws-playground/>.

Don't miss out on this fun-filled community event! We look forward to celebrating with you at the West Salem Bike Park Grand Opening.



Thanks to everyone that participated in the annual West Salem Business Association Golf Outing. More importantly, THANK YOU, ATTORNEY PETE AMES, for organizing, overseeing, and fundraising high school scholarships with this event.















Attorney Peter H. Ames has practiced law since 2002, and his firm has been in business in West Salem since 2006. Ames Law LLC is a small firm practicing estate planning, wills, probate, and real estate matters.





www.westsalemwi.org



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