



MONTHLY MEETING

WEDNESDAY, JANUARY 8, 2025, at NOON
AT WESTVIEW INN

GUEST SPEAKER:
Coulee Health



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.

Monthly Meeting Update

December 11, 2024

Meeting called to order at 12:00 Noon by President Jennifer Hatz. After introductions, the regular meeting commenced.



Minutes

Motion by Duane Kneifl, seconded by Rick Wilson to approve the minutes of the November regular Board meeting as presented. Motion approved by voice vote.



Treasurer's Reports

The treasurer's report for the month of November was reviewed, noting the Association has a general fund bank balance of \$4,468.05 after reserved fund allocations for scholarships, West Salem Bucks, and a donation to the Lewis Park walking path.

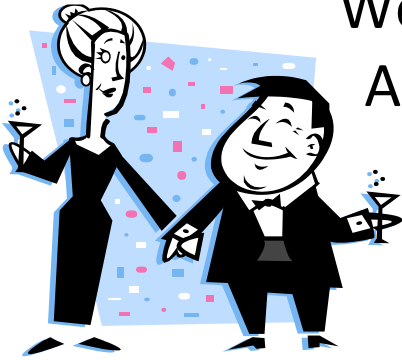
Motion by Alex Wegner, seconded by Ashley Giese to approve the Treasurer's report as presented. Motion approved by voice vote.

Upcoming Events and Projects

President Hatz reviewed upcoming business and area events. She also reminded the membership that dues renewals are in progress, and if accounts are set to auto-renew, no further action is required.

Motion by Steve Zeman, seconded by Ashley Giese to adjourn the meeting at 12:15 p.m. to allow those present to enjoy lunch and socialize. Motion approved by voice vote.

Teresa L. DeLong, Secretary/Director



West Salem Business Association Annual Meeting and Banquet

*Thursday, February 6, 2025
West Salem American Legion,
Downtown West Salem*

The West Salem Business Association will look back on another year on Thursday, February 6, 2025, at our annual banquet at the West Salem American Legion Post 51, 148 South Leonard Street, West Salem.

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. Business of the Year and Citizen of the Year will both be honored, an excellent dinner, and door prizes! Come spend a couple of hours networking with your fellow business and civic communities. Members of the general public are always invited and welcome! Feel free to bring a door prize to contribute to the door prize fun.

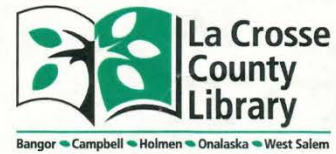
The cost for this year's banquet is again only \$25.00 per person. Cocktail hour will begin at 5:30 p.m., and dinner will be served at 6:00 p.m. Tickets can be purchased directly from the West Salem Business Association website, and tickets can also be purchased at the door the night of the event.

PLEASE RSVP by February 1, 2025, by calling Jodie Curtis at (608) 786-6204 or jodiecurtis@usbws.com as we need a headcount for the Auxiliary Crew at the American Legion.

Banquet takes the place of our regular February meeting.

ADULT EVENT CALENDAR

Winter/Spring 2025



Winter Reading Program: Hot Reads for Cold Nights

Read or listen to any three books for prizes and a chance to win the grand prize—a \$50 gift card to Barnes & Noble! To play, pick up a reading record from any of our five locations. **Runs January 21 - March 1.**

January



Dry January: Mocktails

Make and taste your own mocktails at this workshop with The Bronze Dragon. Registration opens December 16. **R**

Holmen Library | January 9 | 6 p.m.



Jigsaw Puzzle Battle

Participants will race to see whose group can finish a 300-piece puzzle the fastest. Registration opens December 16. **R**

West Salem Library | January 11 | 10 a.m.



Winter Birding

Local birder Michael Huffman is back with tips on birdwatching in the winter months.

Onalaska Library | January 29 | 10 a.m.



National Hot Chocolate Day

Celebrate with a hot chocolate bar with all the fixings! All ages welcome; while supplies last.

Holmen Library | January 31 | Drop in 2 p.m. to 5 p.m.



Registration required or recommended.

February



Charcuterie Make + Take

Learn to create your own charcuterie board with Hunt + Gather Grazing Boards! Registration opens January 15. **R**

Holmen Library | February 5 | 6 p.m.



Women Who Dared

Learn about the protests, jailings, victories, and defeats of women and men who championed the cause of women's suffrage.

West Salem Library | February 10 | 10 a.m.



Cheesecake & Canvas

Art class for ages 16+. Instruction & all supplies provided. Cost is \$15 per person (cash/check). Sponsored by the Friends of the Library. Registration opens January 15. **R**

West Salem Library | February 13 | 6:30 p.m.



The Arts



Food & Drink



Gather



History & Culture



Literacy



Movement



Nature

Recurring Programs



ABLE Reads Book Club

For adults with intellectual disabilities.

Onalaska Library | Wednesdays from 1:30 p.m. to 2:30 p.m.



Free Movies on the Big Screen

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



Game Day

Bring your favorite game (optional) and join us for this casual get together.

Bangor Library | Second Thursday of the month at 1:30 p.m.



Senior Moments

Learning and entertainment for older adults.

Funded by the Ben & Floyd Sias Foundation.

Onalaska Library | Select Wednesdays at 10 a.m.

February 12 - May 21; see website for program lineup.

ADULT EVENT CALENDAR

Winter/Spring 2025



March



Chair Yoga

Certified yoga instructor Jamie Pedretti will lead each session offering modifications so every participant feels supported. Registration is recommended and begins February 10. **R**

Onalaska Library | March 3, March 10, & March 17 | 10:30 a.m.



When the Bugle Calls: A Soldier's Memoir

Raymond Boland will share an extraordinary first-person account of American history. A book signing will follow this event. Registration is recommended and begins February 10. **R**

Onalaska Library | March 4 | 10 a.m.



Enduring Families Project

Discover the previously unknown history of African Americans who lived in our region in the mid-19th to the early-20th century.

Holmen Library | March 12 | 1 p.m.



Farm Tales

Join local storyteller Daryl Wermedal as he shares tales and memories of growing up down on the farm. Registration is recommended and begins March 3. **R**

Onalaska Library | March 20 | 10 a.m.



Jigsaw Puzzle Battle

Participants will race to see whose group can finish a 300-piece puzzle the fastest. Registration is required and begins March 3. **R**

Holmen Library | March 29 | 10 a.m.

R Registration required or recommended.



April



Vietnam: Then & Now

Tân Pham, a Vietnamese native, will share his personal experience of war during his childhood and the Tet Offensive.

West Salem Library | April 1 | 11 a.m.



Taste of Vietnam: How to Make Spring Rolls

Immerse yourself into Vietnamese culture and make spring rolls with Tân Pham. Registration is required and opens March 17. **R**

West Salem Library | April 8 | 11 a.m.



National Library Week

Celebrate National Library Week with us! See our website for details.

All locations | April 7-12



Author Talk: Peggy Joque Williams

Author Peggy Joque Williams will discuss her historical fiction novel, *Courting the Sun*. Sponsored by the Friends of the Onalaska Library.

Onalaska Library | April 10 | 10 a.m.



Author Talk: Matt Goldman

Meet Emmy winning and *New York Times* bestselling author, Matt Goldman. Sponsored by the Friends of the Onalaska Library.

Onalaska Library | April 23 | 6 p.m.

Events Website

Scan the QR code to visit our Events website for program details and registration.





Bloody's & Bingo

We had so much fun in November we are doing it again. Come join your friends at The West Salem American Legion from 9 - noon for Bloody Mary's, specialty drink, breakfast pastries and BINGO. All proceeds will benefit our Quilts of Honor program.

Saturday, January 25, 2025, 9 AM until Noon
American Legion, 148 Leonard Street South, West Salem



**AMERICAN LEGION
148 LEONARD STREET S
WEST SALEM, WI**

Please join us for a pasta dinner fundraiser hosted by the SAL in honor of local service member Quintin Browne's Memorial Scholarship.

Dinner buffet includes a variety of pasta, spaghetti sauce, chicken Alfredo sauce, ceasar salad, garlic toast and desserts. All proceeds will be donated to the Quintin Browne Memorial Scholarship.

Saturday, January 11, 2025, beginning at 4:30 p.m.



**West Salem Lion's Club
BIGGEST Fundraiser of the
Year!**

**Annual Winterfest
Saturday, February 1, 2025,
6:00 p.m. to 9:00 p.m.
Hunter's Last Chance Bar &
Grill, Downtown West Salem**

We Serve

MEAT RAFFLES, FREE BEER AND FOOD!

Raffle Ticket drawing is at 9:00 p.m.

Help Support the West Salem Lion's Club

Serving our Community Since 1948

"Where there is a need, there is a Lion"

International Quality of Life Month

There's always something you can do to improve the quality of your life. Welcome to International Quality of Life Month. It's a simple observance and reminder that encourages people to evaluate and enhance their physical, mental, emotional, and social well-being. How busy is your life? In the hustle, it's easy to overlook areas of our lives that require improvement. As humans, we tend to merely cope with life's challenges rather than actively seek change to make things better. So, engaging in self-reflection during Quality of Life Month helps remind us that being intentional in the pursuit of happiness and being proactive—taking action—rather than taking life as it comes will actually make life qualitatively better. What tweak or correction in your life might be the one that could make it more fulfilling?





**Calling all Female Athletes!
Coulee Health Fitness is now offering a female only Youth Performance with Mindful Sports Enhancement Program!!**

Class Description:
Move Better, Lift Stronger, Perform Your Best
Our Youth Strength & Mobility Class is a comprehensive 45-minute session designed to help athletes in grades 5-12 master foundational movements, improve mobility, and enhance overall athletic performance. This program focuses on building strength with perfect form while

emphasizing mobility and recovery to keep athletes moving and feeling their best.

Here's what you'll get:

- Pre-Workout Mobility Work: Begin each session with dynamic mobility drills to improve flexibility, range of motion, and joint health.
- Strength Mastery: Learn the proper form for foundational lifts like squats, bench press, deadlifts, and clean & jerk.
- Corrective Balance: Each main lift is paired with a complementary movement to target opposing muscles and improve balance, such as lateral squats or hinge variations.
- Post-Workout Recovery: End with targeted stretches and recovery-focused mobility work to prevent soreness and injury.

This program is perfect for athletes who want to move better, lift stronger, and build a solid foundation for long-term performance while staying injury-free.

Why Should You Join?

- Improve Form and Technique: Master essential lifts safely and effectively to build strength and confidence.
- Boost Strength and Power: Build explosive and functional strength to dominate in your sport.
- Stay Balanced and Injury-Free: Corrective exercises and mobility work ensure you stay balanced and resilient.
- Train Smarter: Learn how mobility and strength training go hand-in-hand to unlock your athletic potential.

Link to sign up: <https://docs.google.com/.../1FAIpQLSfIqJBgOFDhzx.../viewform>



UNION STATE BANK WEST SALEM

Exciting Website Enhancements - Coming Soon! 🌐



We're thrilled to share that we're improving our website to give you a better online banking experience! Here's what you can expect:

- ✅ A Fresh New Look
- ✅ A clean, simple design for easier navigation

✅ An intuitive layout to help you find what you

need quickly

- ✅ Streamlined access to online banking

Don't worry—your banking information remains secure, and navigating the new site will be easier than ever. Stay tuned for the official launch date! We can't wait to show you the new experience. 🗝️🔒



Make Your New Year's Resolution a Magnificent Obsession



Make your New Year's resolution a "magnificent obsession" (MO) so it drives you forward with continuous action and gives you a consuming passion for achievement. On the other hand, a goal is also important, but achieving it may require encouragement, rewards, or accountability as keys to success. An MO is fueled by intense passion—you don't need reminders to stay on course or have to revisit the "why" to reinspire and motivate you. That's because the MO itself is compelling, energizing, and nonnegotiable. To transform your goal into an MO, ignite massive passion, reexamine your "why," expand the goal's importance, link to something bigger than yourself, and tie it to a purpose that has impact for others you care about. When you feel your goal is fueled by inspiration and not self-discipline then you've got it!

Loneliness...at Work

Employee loneliness is a growing problem in the workplace. It doesn't mean being physically or remotely isolated or stuck in a back office. Workplace loneliness refers to feeling disconnected and emotionally detached from coworkers despite being surrounded by people all day. If you feel like you are simply "going through the motions" at work, lacking meaningful social connections, and experiencing a diminished desire to engage or collaborate on projects, this sense of feeling invisible or undervalued can harm productivity and mental health. Loneliness can happen when social connections don't meet our personal needs, even in busy office settings. This often includes feeling like you can't be your true self, which makes it seem like no one really knows who you are. A recent survey found one in five employees feels lonely on a typical workday. Try this engagement fix: Decide to build relationships with coworkers rather than leaving it all up to chance. Initiate conversations and show genuine interest in others' experiences. Look for common interests to discuss. Invite a colleague for coffee or lunch. Small efforts to connect with others can make your workplace feel more supportive and reduce feelings of loneliness. Try talking to your Employee Assistance Program (EAP) for advice on feeling more connected at work. Remember, these feelings can sometimes be linked to depression, and your EAP can help figure out whether that's a factor in your workplace loneliness.





www.westsalemwi.org

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West Salem Business Association
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