



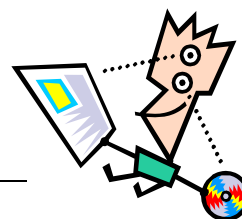
**West Salem Business Association
Annual Golf Outing
Wednesday, September 9, 2026
Fox Hollow Golf Course and Event Center**
The golf outing takes the place of our regular meeting.
The next regular meeting will be October 14, 2026.



Monthly Newsletter

Again, please feel free to submit your suggestions, articles for the newsletter, and your comments!

You can contact me at the Village Hall at (608) 786-1858 or via e-mail at tdelong@westsalemwi.gov. Or actually any Board member! Thank you, Teresa DeLong



Flags of Honor - 2026

Presented by

Berg Hemker Olson, Post 51

AMERICAN
LEGION
FAMILY

West Salem, WI

Come walk through Village Park, Downtown
West Salem and experience this amazing
display honoring our heroes

September 11 - 13th



Volunteers needed
at the Legion and Village Park
September 9 - 13th to make this
event a success

If you are available for a couple
hours throughout the weekend,
please reach out to Rita Schmitz
(608-799-9945) to sign up for a
shift (or 2)



One day a grandpa and his grandson go golfing. The grandson is really good and the grandpa is just giving him tips. They are on Hole 8, and there is a tree in the way, and the grandpa says "When I was your age, I would hit the ball right over that tree." So, the grandson hits the ball and it bumps against the tree and lands not too far from where it started. "Of course," added the grandpa, "when I was your age, the tree was only three feet tall."

Monthly Meeting Minutes

August 12, 2026

The meeting was called to order at 12:00 p.m. by President Alex Wegner. Following introductions and announcements, the regular meeting began.

Minutes

Motion by Teresa Maas, seconded by Ashley Giese, to approve the minutes of the July monthly meeting as presented. Motion unanimously approved by voice vote.

Treasurer's Reports

The Treasurer's Report for month end July 2026 was distributed. Income includes West Salem Bucks purchases and interest earned. Expenses include the monthly meeting lunch, newsletter preparation and delivery, website expenses, donations made, a memorial, and West Salem Bucks certificate redemptions.

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



Guest Speaker

West Salem American Legion Post 51 Commander Phil Parr informed the membership of Legion Family relayed history of the American Legion, upcoming events and projects, and described the SAL memorial court of honor reconstruction project.

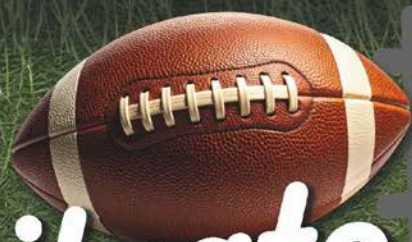
Motion by Stephen Cohen, seconded by Ashley Giese to adjourn the meeting at 1:00 p.m. Motion unanimously approved by voice vote.

Teresa L. DeLong, Secretary/Director



ALL-VILLAGE RUMMAGE
SALES!!

September 10, 11, and 12, 2026



GO TEAM!

Tailgate party

SUNDAY, SEPTEMBER 13

5:30-7:30 PM

WEST SALEM FOOTBALL FIELD

- **FREE HOTDOGS, CHIPS & SODA/WATER**
- **POWDERPUFF GAME AT 7 PM**

SHOW YOUR PANTHER PRIDE AND
KICK OFF HOMECOMING WITH US!



SPONSORED BY YOUR FRIENDS AT
1ST COMMUNITY CREDIT UNION



Building Your Workplace Reputation

What price can be put on a highly respected workplace reputation? It's safe to say it's invaluable. A valued reputation is not derived from positive personality traits or being likeable. It's done with intentionality. Here are five ways to grow your reputation as a valued worker. 1) Do what you say you will do. When people know they can count on you, trust develops naturally.



It takes only three or four positive experiences, but one failure to follow through can be a significant setback. 2) Acknowledge people when they interact with you. Don't leave them hanging. Respond quickly or let them know when you can respond. The analogy is sitting in a restaurant with a server not acknowledging your presence. 3) Don't hold on to information. Stay aware of others' needs, and if you can solve a problem or have information that will make someone's life easier, step in. 4) Pause before reacting. It requires practice, self-awareness, and a conscious choice. How you respond under pressure is modeled by others, making it an important reputation builder. 5) Practice consistency. One great performance isn't likely to cement your reputation. Rather, it's the small, consistent efforts that do it. Think of your reputation as a tangible asset, and with the tips above, experience the payoffs for your career.

**BERG HEMKER OLSON
AMERICAN LEGION**

**FRIDAY
FISH &
SHRIMP
FRY**

Dine-in or
Carry out

All dinners include choice
of french fries or baked
potato, cole slaw, &
beans

**Fish & Shrimp
starts back
Friday
September 11th**

2ND FRIDAY OF
THE MONTH
SEPTEMBER - MAY
5:30 - 7:30

148 S Leonard St, West Salem, WI

The IT department told me to clear my cookies, so I ate a whole package of Oreos.



UPCOMING EVENTS

Hazel Brown Leicht Memorial Library

702 Industrial Dr, West Salem, WI 54669

608-786-1505 | lacrossecountylibrary.org

**9, 16, 23
SEPT**

6 PM

YOGA ON THE LIBRARY LAWN

A free introduction to the physical practice of yoga with Palm + Pine Studio. For adults; registration required.

YOUTH PROGRAMS

Story Times begin the week of September 14.

LIBRARY LEARNERS

Tuesdays at 6:30 PM

Fridays at 10:15 AM

NEW! TWEEN BOOK CLUB

First Wednesday of the month at 3:30 PM

Free snacks; no assigned reading. For grades 4-6.

MOVIE SCREENINGS

Free movie on the 2nd and 4th Thursday of the month at 2:15 PM.

EVENTS PAGE

See all library programming



Fall Artisan Market

9:00am-2:00pm

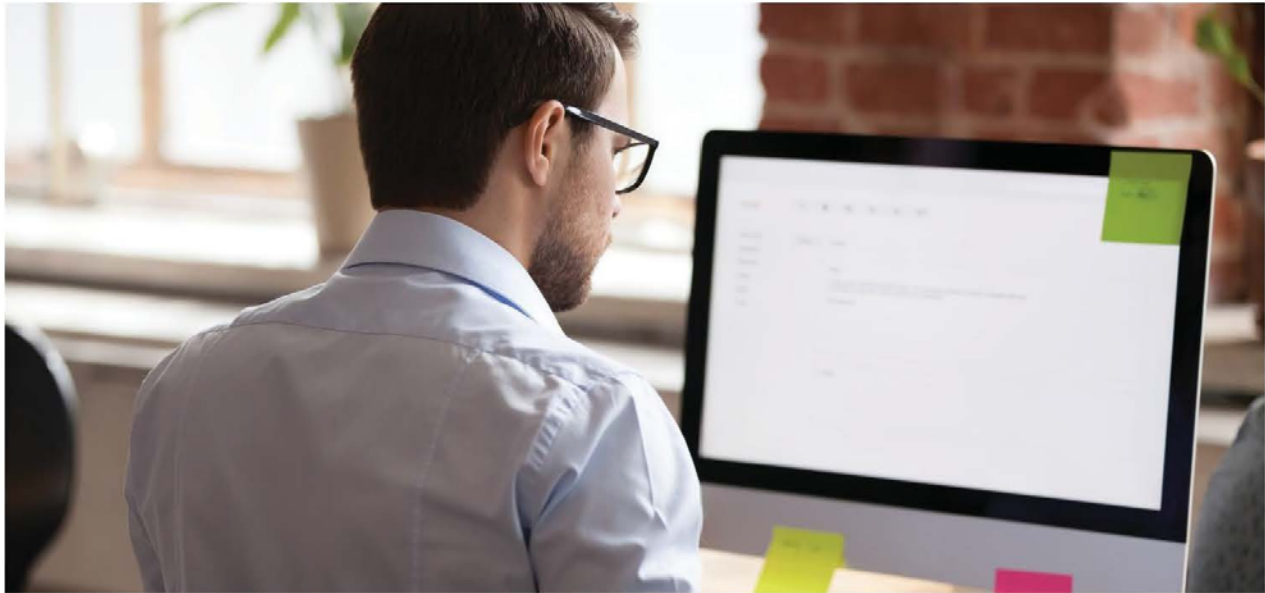
Saturday

October 10th 2026

Handcrafted and Homegrown Goods,
Pumpkins, Sweet Treats and more.
Event benefitting the West Salem Historical
Society and their restoration efforts.

360 Leonard Street N

West Salem Wisconsin



Using email appropriately at work

Put on your public face

Always assume your emails are permanent and public, as emails are not confidential.

- Start with a salutation.
- Be brief.
- Use bullets when necessary.
- Avoid using cute language, jokes, and emotions.
- Use a polite sign-off that includes your name, title, and contact information.
- Remember, Information Services staff can read everything you send through company servers.

Proofread

Misspellings and grammatical errors make you look unprofessional. Proof your emails before sending them.

- Check for clarity, grammar, and spelling.
- Check your tone. A quick note without a greeting can seem curt and rude, even if it was not intended to be.
- Draft your email before filling in the "to" field to avoid accidentally sending an email before it is finished.

Follow proper email etiquette.

Building good email habits improves efficiency and organization while cutting down on misunderstandings.

- Reply to emails promptly. This ensures that the sender does not feel ignored.
- Title your subject line with the topic at hand. It makes it easier to track down earlier communications if you need to reference old emails.

- Include the previous message thread when replying to preserve a record of your communication.
- Be judicious in using the "reply all" and "cc" functions.
- Ask permission from the original sender before forwarding emails to anyone who was not included in the original recipient list.

Avoid these career killers

- Never send an email when you are angry. You are almost guaranteed to have made a less than professional perception of yourself.
- Use work email only for business activity.

Image counts

- Your emails have an impact on how you are viewed as a professional.
- Using the guidelines above will ensure that every message you send portrays an image of a polished professional.

**AYCE Breakfast
Buffet**

**Sunday
September 13th
8am - 11:00**

**West Salem
American Legion
148 Leonard St S**



West Salem American Legion Chicken Q

DRIVE

THRU

September 26

Serving 11 am until gone



**Village Park,
West Salem, WI**

Looking for Suggestions!



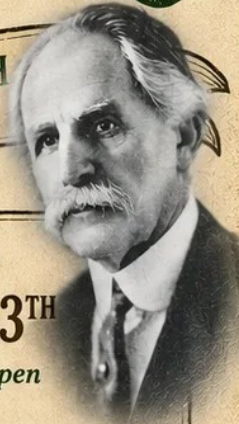
The West Salem Business Association Board of Directors is looking for suggestions from our members on ways that we can contribute to the community of West Salem. If you know of a cause that is looking for donations to help make West Salem a better community to live and do business in, please let us know. You can contact any of the board members with your suggestions and we would be happy to bring them to the table for consideration. Our mission as the board of directors is to help PRESERVE, PROMOTE, and GROW the West Salem Business Community and we appreciate the opportunity to support our members, local businesses and the Village of West Salem.

WEST SALEM HISTORICAL SOCIETY PRESENTS

GARLAND DAYS

2026

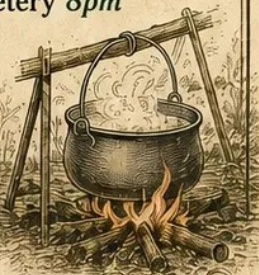
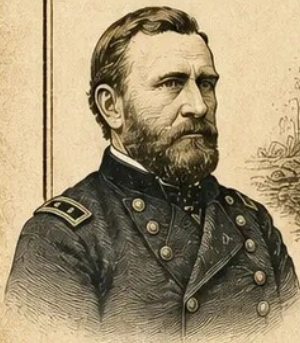
SEPTEMBER 12TH & 13TH



SATURDAY SEPTEMBER 12TH

*The Garland House is open
from 11am-4pm*

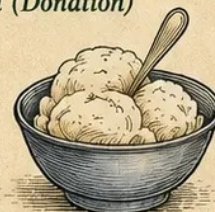
- Pioneer Stew Lunch
11am-1pm (Donation)
- Raffle 11am-4pm
- Ulysses S Grant Reenactor 2pm
- Candlelight Memorial at
Neshonoc Cemetery 8pm



SUNDAY SEPTEMBER 13TH

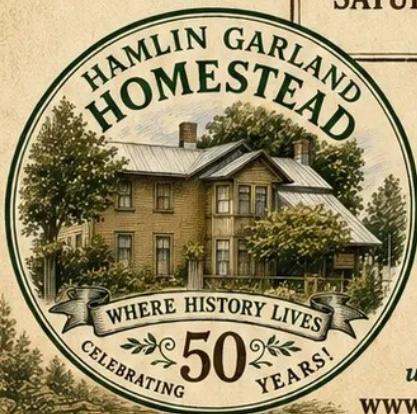
*The Garland House is open
from 1pm-4pm*

- Music with Nate Loeffelholz
1pm-3:30pm
- Raffle 1pm-3:30pm
- Panel Discussion from previous
Garland House residents 2pm
- Ice Cream Social with
Birthday Cake 3pm (Donation)



VILLAGE WIDE RUMMAGE SALE

THURSDAY, SEPTEMBER 10TH –
SATURDAY, SEPTEMBER 12TH



SUNDAY EVENING BANQUET

at West Salem American Legion 6pm

Reservations required by calling Errol at 608-518-8566

→ Cost is \$22 ←

After the meal hear Speaker Jennifer Morgan
presenting "A250: Discovering the Places
That Shaped a Nation."

(Free and open to the public).

Stay tuned for further
updates and events on our website.
www.westsalemhistoricalsociety.org



Indoor Gardening for Nutrition and Managing Stress

Tending indoor plants has been shown to lower stress and improve mood because of the hands-on nature of gardening, along with the positive distraction, focus, and satisfaction of watching things grow. Other benefits include positive self-talk from success, goal-directed activity with the reward of eating the results of one's efforts. That's a lot of bennies! Even in the fall and winter, you can easily make gardening part of your stress management strategy. You don't need a garden outside. You only need a jar and water to get started with over a dozen different vegetables and herbs.



Learn more: youtube.com/watch?v=Wv4fnLtw6AM

Managing the September Family Calendar Explosion

September is an explosive month, with abrupt changes for many families. Are you facing school schedules, sports, homework, childcare, transportation, medical appointments, work responsibilities, and household chores vying for attention? Consider these tips to reduce tension in September.



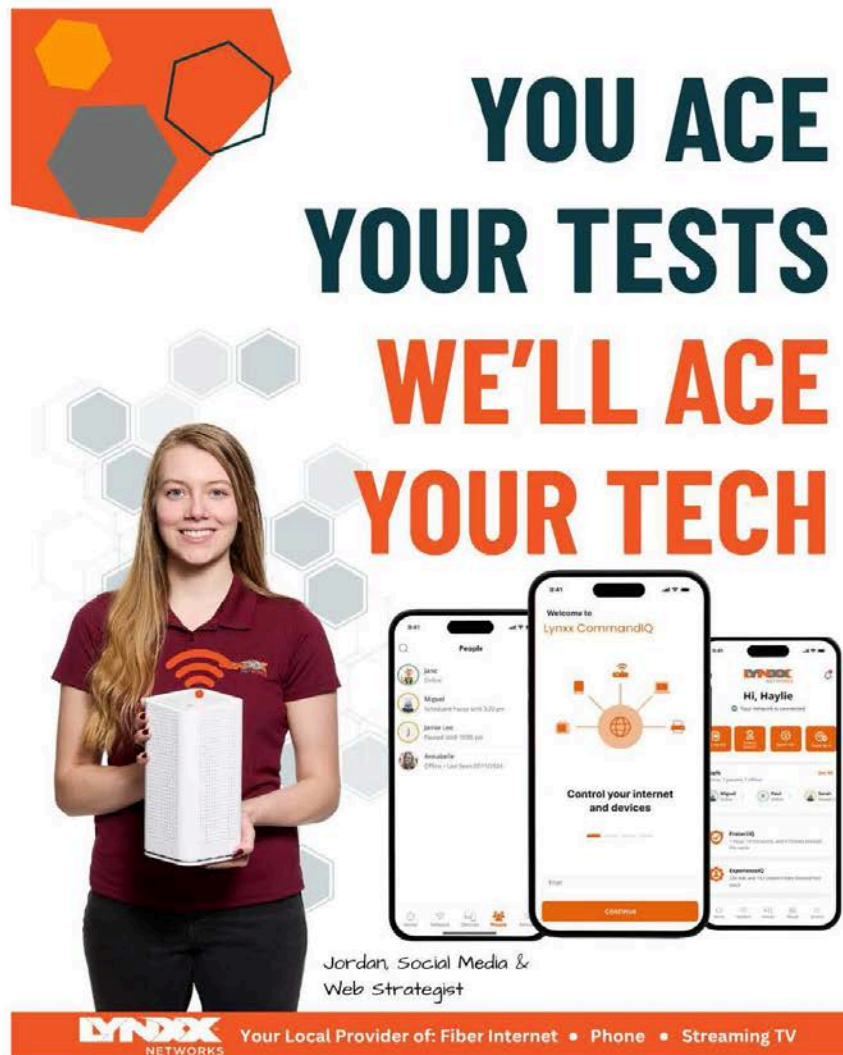
1) Put every family and work commitment on one calendar in a central location. This helps stop everyone asking one person what is happening, where they need to be, and who is driving. 2) Block small amounts of unscheduled time into each week. A calendar packed from morning to night leaves no room for the unexpected. 3) Plan personal downtime—even 15 minutes can be rejuvenating. Make it completely free of tasks. Use this time to rest, read, take a walk, enjoy a hobby, or meditate. 4) Learn to delegate and manage stress by visiting your EAP or asking for resources. If you're a mom, it might interest you to know that the Bureau of Labor Statistics' American Time Use Survey by the Gender Equity Policy Institute reports that mothers spend more than double the time fathers do on domestic labor.

Learn more: thegepi.org/free-time-gender-gap/

School is back in session which means back to online homework assignments and more devices competing for the Wi-Fi.

Lynxx Command IQ App makes your home Wi-Fi easier to manage, so when everyone is competing for the internet at the same time, you can be the one in control.

Learn more about Managed Wi-Fi: [Indoor Managed Wi-Fi - Lynxx Networks](#)



**YOU ACE
YOUR TESTS
WE'LL ACE
YOUR TECH**

Jordan, Social Media & Web Strategist

LYNXX NETWORKS Your Local Provider of: Fiber Internet • Phone • Streaming TV

"My greatest weakness? Honesty." The interviewer said, "I don't think honesty is a weakness." I replied, "I don't care what you think."



Saturday, October 3 13th Annual American Legion Craft Show

Featuring...

Gnomestead Forge & Timber

JJP Designz

Wendy Tranberg

El Coqui's Kitchen

Urban Rebel Collective

The Craft Nook

Tastefully Simple

Scentsy with Tina Brettingen

Craig's Crafty Collections

Her Mom's Kitchen

C.A. Low Gourd Creations

Lucy's Wallet

Kathy Rudser

Schmitz Sweet Treats

Upsidaisy

Farm Dog Supply

Sisters Stich Together

Lynda Schaller

Jul-Am-Ita

Sew Hope

3 Sisters Handcrafted

Macrame by Lorie

Ga Ga's Kitchen

148 Leonard St S, West Salem

9am - 2pm

Job change?

Whether retiring or changing jobs, you'll want to know your retirement account options.



There are four potential options for your 401(k) when leaving an employer:

- Leave it in your former employer's 401(k) plan, if allowed by the plan.
- Move it to your new employer's 401(k) plan, if you've changed employers and your new employer plan allows for it.
- Roll the account over to an individual retirement account (IRA).
- Cash it out, which is subject to potential tax consequences.

We can talk through your financial goals and find the option that works best for you.



Stephen Cohen
Financial Advisor

1540 Heritage Blvd Ste 204a
West Salem, WI 54669
608-786-1480

BUILT BY OUR COMMUNITY EVENT

HOSTED BY



RIVER VALLEY
REMODELERS

SEPTEMBER 19Th

11AM-2PM

240 COUNTY RD M, WEST SALEM, WI 54669



LIVE MUSIC



BOUNCE HOUSE



FREE FOOD



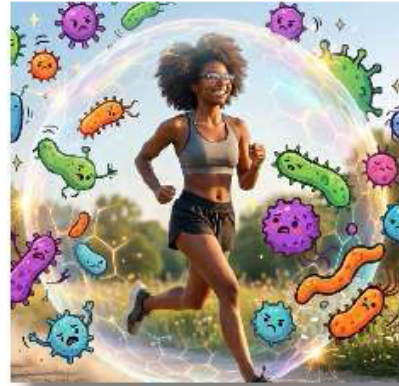
GIVEAWAY ITEMS

SCAN QR CODE FOR MORE DETAILS



Manage Stress to Reduce Risk of Flu and Colds

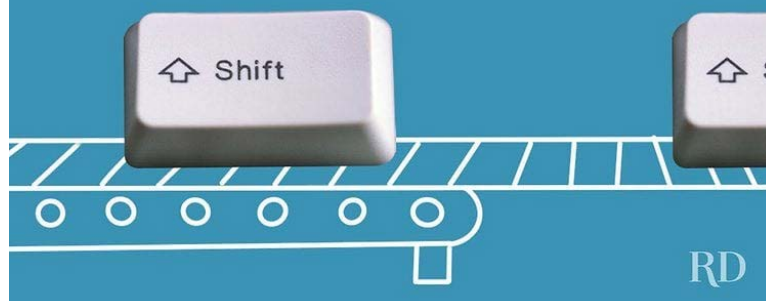
Managing stress deserves a place in your strategy for avoiding flu and cold viruses. When stress is chronic, high cortisol suppresses immune cell production, including white blood cells, several types of which are your frontline defenders against viral infections. Do you associate stress with emotional symptoms like anxiety, irritability, and feeling overwhelmed? Many people believe that if they aren't experiencing these states, then stress isn't affecting their immune system. This is a myth. Stress physiology, cortisol elevation, and immune suppression happen at the cellular level. Talk with your doctor or medical advisor to determine which flu vaccine best fits your age, health history, and risk factors. Many types are now available.



Learn more: www.nejm.org/doi/full/10.1056/NEJM199108293250903

**What are the perks
of working in a
keyboard factory?**

There's always
plenty of extra shifts.





Find us on
Facebook

*How many paper clips come in a box?
All of them!*



CELEBRATING 30 YEARS OF
PROFESSIONAL AUTO DETAILING EXCELLENCE



608-780-8817

Making Vehicles Shine Since 1996

JOIN US FOR OUR
30TH ANNIVERSARY
OPEN HOUSE

WEDNESDAY, SEPTEMBER 30TH

8:00 AM – 4:00 PM



Coffee & Donuts

**SERVED
ALL DAY!**

122 W Elm St Shop E

Thank You For 30 Years of Trust & Support!

30 YEARS • THOUSANDS OF VEHICLES • ONE COMMITMENT TO EXCELLENCE



**INTERIOR
DETAILING**



**EXTERIOR
DETAILING**



**PAINT
ENHANCEMENT**



**CERAMIC
COATINGS**



**VEHICLE
PROTECTION**

608-780-8817

PROFESSIONAL AUTO DETAILING

Thank you for choosing Pat's Detailing!



NO REGULAR MEETING IN SEPTEMBER.
Annual Golf Outing Instead

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