

WSHA NEWS



WEST SALEM HOCKEY ASSOCIATION WWW.WESTSALEMHOCKEY.COM

December '07

Board of Directors Meeting Notice

Monday, December 10, 2007

West Salem American Legion

6:00 pm

General Membership Meeting Notice

Monday, December 10, 2007, 7:00 pm

West Salem American Legion Hall

West Salem Hockey Association Board

President:	Eric Hesselberg	786-2938
Pres. Elect:	Joe Belling	786-0637
Past Pres.:	Rich Berghofer	786-2926
Secretary:	Kelly Cottrell	786-4371
Treasurer:	Amy Molling	786-3087
League Rep:	Marv Lehmann	786-0286
Director:	John Caulum	786-3597
Director:	Mike Gorniak	786-0980
Director:	Kevin Bigley	786-2723
Director:	Jenny Greiner	769-4166

Meeting Agenda

- Secretary's Report
- Treasurer's Report
- League Report
- Old Business
- Frozen Tundra Tournament
- Experience the Ice Day
- New Business
- Calendar Drawing
- Adjourn



Just a friendly hello

Hello everybody! Hockey is now taking off in full swing, and I'm sure everyone's calendars are already becoming full of hockey obligations. Practices are becoming habit, and games are being played. Just please remember it's not all about winning and losing, it's about the kids having fun, and enjoying being out on the rink. It's always nice to have a win, but watch what you say to your kids

after a loss. The littlest thing could make such an impact on your child's self esteem.

I'm sure everyone reading this can define low self esteem, but how much do you all know about children and low self esteem problems? It is a problem that has been being studied for over 100 years. The percentages grow higher every year. Many observers believe that low self esteem lies at the bottom of most of society's problems.

Did you know that 56% of all 7th grade students do not like the way they look? Did you also know that 80% of eighth grade girls are on diets?

Low self esteem in children start in the home.

Watch what you say, children are very sensitive to parents. Yes other adults, teachers, and positively other peers are huge factors as well. Both boys and girls can get clinically depressed, but girls out number boys 2 to 1.

We can help our children to succeed in their future, and in their choices in life.

Here are a couple examples:

- If you're doing something your child seems to be interested in, ask them to join you
- Be a positive role model yourself
- Be spontaneous & affectionate with your children
- Give positive and accurate feedback
- Create a safe home

Lets teach are children to be strong, positive, and Full of confidence!

I hope everyone has a great Christmas holiday, and remember when you're decorating your house, or making a batch of cookies invite the kids to join in the fun!

Happy Holidays,

Kelly Cottrell

***Hockey Tip for Hockey Moms**

The rumor has it, some moms have been complaining about not being able to get that hockey smell out of their bags and uniforms. Here is the tip, "Fresh wave odor neutralizer spray product" You can find this at "Wild Birds Unlimited".

Try it, it's supposed to work great!

Open Skating

There are always a lot of people inquiring about open skate, and when there is free time on the ice. The board of directors urges you to check out our website at www.WestSalemhockey.com it is on the internet for your convenience so please take advantage of that. You can find out scheduled practices, and updated information. There is also a member to members question box, and there you can make comments or ask any questions. It also shows time slots open for open hockey; which right now include Wednesday afternoon from 3:00-5:00 and Friday afternoon from 3:00-5:00. Just keep in mind if any changes are made within the year it will be posted on the above website.

The board would also like to address once again that there is a difference between “**Open Hockey**” and “**Open Skate**”.

For **Open Hockey**, helmets are required, and sticks and pucks are allowed. For **Open Skate**, no sticks and pucks are allowed at any time.

Just another reminder as well “**Open Hockey**” is for the use of WSHA members and alumni, and residents of West Salem, Bangor, & Mindoro only.

Sunshine Parent

Season's Greetings to all the Hockey families! My name is Marlene Hulett. During the 2007-2008, hockey year, I'm the person that can be contacted in case there is a family in our association who may need some support. Whether it may be a telephone call, a card sent in the mail, a ride to practice for the hockey player, a meal if circumstances warrant it. I can be contacted by calling my cell # @ 780-1627 (leave me a message and I will return your call) or my home # is 786-3647.

To all the coaches & parent representatives, if you know of anyone from your team that needs any of the above help; please contact me.

Happy Holidays,
Marlene Hulett

*Time again The Board Of Directors would like to point out in these newsletters what wonderful people we have in our association. It is outstanding that we have someone willing to do this with her own busy schedule. Marlene was the outlook of the month in September and she truly is an inspiring lady!
Thanks Marlene!

Past Events**Experience the Ice Days**

Experience the Ice Days is always a fun and exciting event in which new kids who aren't quite sure come and decide if they would like to join. The West Salem Hockey **Board of Directors** would like to thank everyone who took the time out of their busy lives to come and help out in the event.

The turn out of children wasn't a huge success, but it did bring in four new skaters to our association. When thinking about that, it really is great and a success. Four skaters on a team, almost makes up a line itself. That really is a big deal!

Next year we think we'll have it on a Saturday instead of a Sunday, and it will probably bring even more kids our way.

Thanks again to all those who helped out!

Upcoming Event**The Frozen Tundra Wild Squirt Tournament**

The annual Frozen Tundra Wild Squirt Tournament is only a few days away.

This weekend Saturday and Sunday we will be hosting the event.

Originally it was set for Friday the 7th-9th, but because of circumstances out of our control, we will be only playing on those two days.

Which in the past has been a squirt A & B tournament is now just a B tournament.

We do know other teams have had to cancel their tournaments as well.

That's how the dice fell this year unfortunately. The B side of the tournament is strong and full of teams, so it is going to be a great weekend, full of food, games, raffle prizes, and most importantly HOCKEY!

Come and join in on the fun.

I recommend putting some of those hours in during this tournament, because it really is a great time.

Put your name down on an empty slot while you can, because they will fill up quickly this week.

Cleaning the building throughout the tournament is also very important.

Saturday morning starting at 7:00am we will be serving Breakfast Burritos. They will be delicious; so come and have breakfast at the rink, and help support Our Hockey Association!

Here is a sneak preview of items that will be on the raffle table, you don't want to miss out!

- A beautiful hand made Fleece blanket
- A hand made WI Badger Patched Quilt
- Bow & Arrow from Matthews Bows
- Custom made Zebra Strings
- I-pod
- 2 Candy Bar Bouquets
- Uniform Rack
- Framed photo - "Miracle on Ice"
- 2 WI Badger Basketball tickets
- 5 WI Badger Hockey tickets
- Possibly 2 Trace Atkins tickets
- 2 \$50.00 savings bonds
- Autographed in gold Green Bay Packer football. With a 50th anniversary stamp on it in gold as well
- \$150.00 teeth whitening kit
- A beautiful \$238.00 Necklace and earrings set from Lia Sophia
- Small cooler on wheels
- Nice portable folding chair
- PLAY STATION 3 (three).

You don't want to miss out on the fun!!

If you have any questions you can contact Joe or Lisa Belling @786-0637.

The Outlook of the Month

This month's outlook is dedicated to a man who definitely deserves a present under the Christmas tree!

He has such great work ethic that he came to my mind immediately for the Christmas holidays. (Santa is always looking for a few good helpers, but Santa can't have this guy; he means too much to the WSHA)

I really got to know what a great guy this man is during the summer golf outing this year. Of course after an event such as that, the place is left in shambles, and this man was the last man standing. He didn't leave until everything was cleaned and back to normal. (When I see men cleaning with such determination I can say my respect level is at a ten) In all the events I've seen him at, which is basically everything; I would say he definitely seemed to be most at home with the look of radiance and beauty during one particular event this summer.

It gives me great pleasure to introduce my stunning Outlook this month as the West Salem Miss Carp winner two years ago ... Mitch Langreck! (I bet it was a proud moment in the Langreck home)

The event is all in fun, and it takes a certain personality to involve oneself in the middle of it all. As you see men like Mitch around the rink; as you watch his inspirational personality, ambition and drive, it makes you glad for what you have now,

because in the near future Mitch will be moved on to the high school level, and he will be greatly missed from all who really knows the hard work he has put into the association. We need to recognize and appreciate people like Mitch for everything he's done, and everything he continues to do!

Now let's get to know Mitch Langreck a little better. Mitch Langreck was born in Marshfield, WI but grew up in Lancaster WI.

His family consists of Peggy, his wife and past treasurer of the hockey association, Luke a PEEWEE and his 14 year old daughter, Alexa. We also have a major fur ball dog named Brody, an 18 year old cat Flower, and 17 pond fish.

I asked Mitch what sports he was involved in growing up. "Cross country – Basketball – Track and Summer Baseball. We didn't have hockey in Lancaster, if you wanted to skate you waited for the pond in the main park to freeze over and then watched out for the 1.5 inch cracks and open water by the springs.

Knowing what a busy man Mitch is around the hockey rink; I was curious as to what his occupation was, "I am the Director of Business development at Sergeant Laboratories in La Crosse." He replied.

(He becomes more interesting as I learn about him) When you watch Mitch helping out in many different directions you can see the association means a lot to him. I asked him what WSHA meant to him.

"Before Luke started hockey we had lived in the area for about 13 years but had not met many people. The hockey association has given us a wider range of friends in the community and allowed us to be involved in something that helps the kids of the area and is fun."

I asked Mitch to sum up his personality in two sentences, for the people who are not familiar with him. "Easy going guy who works hard to make things in my life get better around me; (Passive aggressive) also a fun loving, family man who enjoys doing for others, and likes organization."

I then asked him what advice he had, for the future hockey parents of WSHA. "Remember this is a game for the kids, we are here to support them, teach them and guide them - not live our lives through them." (Short and sweet yet so many forget). I then asked Mitch what his biggest pet peeve was. "The inability of people to separate personal views and feeling when working on projects, or making decisions that is for the good of many." (That was said very nicely, everyone has their own opinions all we have to do is agree to disagree, and move on). If you know Mitch one thing that sticks out about him is the fact that he is the, "king of Hockey work hours". What advice do you have for parents who can't seem to find things to do? I asked him. "Ask, and work as a team, it's a

good way to get to know the other parents on your team. Like Nike – Just do it. Look around there is no rule saying we can't sweep the floor more than once a week or wipe the tables, clean the window, and of course rinse the rest rooms. The bleacher area, almost always need to be swept on Monday after the weekend and the locker rooms that go without saying.

Do you think Mitch has any time for hobbies? "Yes, working at the Speedway in the summer, some camping, fishing and hunting. Oh ya I almost forgot MAKING BEER." (Do you think he forgot, because it gets drunk faster then bottled?)

I asked Mitch to name something valuable he had learned in life? "Never respond in anger, take 24 hours to think about your decision then act. Tell your family you love them every day and make sure you cuddle with your wife. (Is he sweet or what?)

Next I wanted to know what was truly important to Mitch, so I asked him, if you were stuck on a deserted island what would be 3 items you would choose to bring along. "Peggy, Luke and Alexa. My family." (Wow, I strongly believe its answers like that that separate the inspiring individual with the ordinary")

What kind of a person inspires a man like Mitch? Let's see what he had to say. "My wife" he says proudly. (The only thing I think that could make Mitch more perfect is if he watched the channel LMN!)

I then asked him what he thought the three key secrets to life were. "Love, compassion and patience. I will admit; I don't always know where I keep the key for the last one".

Between work, your family, and all your volunteer work, how big of a role does your wife play?

"Anyone who knows Peggy knows that she is the guiding light in our family. She keeps our family focused, on time and out of trouble."

Lastly I asked Mitch the question I like to end with, because our role as parents are the hardest roles we'll play and the most things we'll ever teach in life are left with them. If your children could learn one thing and one thing only from you; what would it be?" Life is short live and love it to the fullest, but that doesn't mean you can't stand up and hold your ground when you need to; As long as the cause is just."

Well there you have it. I can say I have been inspired. What a great guy to have, as part of our association. Thanks Mitch!!

Happy Holidays to Everyone!

Raffle drawing winners for November:

\$100: Kenzi Dejno

\$50: Rhonda Tremain, Mike Lenselink, Jeff Koltermann, Dave & Marcie Hundt, Lori & John Hammes, Steve Wallin, Bob Koch, Chris Johnson, Esther Smith.

\$20: Teig Hoag, Dawn Crapser, Bernard Jorstad, Yvonne Zietlow, Diantha Gilbert, Mason Truax, Karla Zeman, Curt Lange, Craig Forsberg, Kris & John Mielke, Tim McGladden, Rita Schwartz and Dawn Haakenson.