

WSHA NEWS



WEST SALEM HOCKEY ASSOCIATION WWW.WESTSALEMHOCKEY.COM

February '09

Board of Directors Meeting Notice

Monday, February 9th, 2009
West Salem American Legion
6:00 pm

General Membership Meeting Notice

Monday, February 9th, 2009
West Salem American Legion
7:00 pm

West Salem Hockey Association Board

President:	Joe Belling	786-0637
Pres. Elect:	Brian Meyer	786-3664
Past Pres.:	Eric Hesselberg	786-2938
Secretary:	Kelly Cottrell	786-1618
Treasurer:	Joan Pierce	788-3611
League Rep:	Steve Greene	787-5727
Director:	Mike Gorniak	786-0980
Director:	Mitch Langrek	786-1030
Director:	Kevin Bigley	786-2723
Director:	Marv Lehmann	786-0286

Agenda:

Secretary's Report
Treasurer's Report
League Report

Old Business:

Recognition Plaque
Updating Try-out Procedures
Upcoming Board Elections
Chiller Maintenance

New Business:

Zero Tolerance reminders
BOD Nominations

Just a friendly hello

Hello once again to you all. February is here and the season is winding down quickly. The months seem to jump around on me, and I can barely keep up with the days.

We all stay busy in our own life, our own worlds. We think of the ones we care about often, but find it hard to tell them how much they mean to us. We



get busy and forget to call a friend even though we know they may need one.

We ask our spouses how their day went; though sometimes we half listen to their replies.

We tell our kids to be tough; though all they may need is a hug.

We designate this month for love.

Do we feel more love for people on this day or do we forget to say it enough times throughout the year that we must make up for it on the 14th?

What is life without love?

What is love without life?

I think life without love would be lonely and unsettling. All the great ambitions in your life would be forgotten if they weren't shared with the people we care about.

I think love without life is the greatest way that you can know how strong love was and is. You can feel your heart burning when the love of life is gone.

You never forget someone you cared about just because they are no longer present in your life.

Maybe we don't realize how strong love was until that person is gone. Maybe when our parents held our hands as kids and we just walked along in the journey we never saw the deep love in their eyes until we couldn't look into them anymore. Maybe we don't realize how silent our home can be until our spouse or children aren't walking into them anymore.

Do we stay angry at people for way too long; until you don't remember the anger just the pain of losing their love and friendship.

Find time for the people you care about and love.

Find time to forgive and forget; to let go or just move on.

I hope you all have a great Valentines Day this year, and when it's over I hope it really isn't over I hope it's just the 15th!

Sincerely,

Kelly Cottrell

Upcoming Events

Team Tournaments in February:

- Mite 1- La Crosse Tournament 6th-8th
- Mite 2- Tomah 27th-29th
- Squirt 1- Baraboo Tournament 6th-8th and Onalaska Tornado Tournament 27th-1st
- Peewee 1- Altoona Tournament 6th-8th and Burnett County in Siren, WI Tournament 27th-1st
- Peewee 2- Altoona 7th-8th and Beaver Dam 21st-22nd
- Bantams- Reedsburg 7th-8th and La Crosse 21st-22nd
- ALL TEAMS - Playdowns February 14-15
- Elections- March 9th 2009 7:00pm
- Neshonoc Dayz – May 24th

Viper Hockey, (West Salem, Bangor and Sparta)

If you are interested in watching a high school hockey game before the season is over you still can. There are three in February.

- February 3rd at 7:00 vs. Onalaska in Onalaska
- February 5th at 7:30 vs. BRF at Sparta
- February 10th at 7:00 vs. Holmen in Onalaska

Or check out the website at:

http://www.couleeconference.org/g5-bin/client.cgi?G5genie=68&school_id=7

WMHL League Standings

Are you interested to see where your team is ranking as of right now?

Would you like to know how any of the other WSHA teams are doing or maybe other associations?

Go to our website at www.westsalemhockey.com and click on the link League standings to the right of the screen.

You can find out all of this information.

Why wonder, when the answers are only a click away!

Work Hours/ Project Work Log -

The season is wrapping up quickly. March will be here before we know it. Make sure you are putting your work hours in the Project work log on the website. Everyone should know by signing the work hour form during registration that each hour you don't complete is worth \$20.00. That can

quickly add up, so please finish your hours and get them logged in.

If you are having trouble finding hours to put in call Mitch and he'll be happy to give you suggestions. Hopefully you have found the new Project work log convenient this year.

If you would rather put them on paper and turn them in at the rink, you can do so in the drop box, but please don't do both.

Thanks for your commitment to your kids!

If you have any questions please contact Mitch Langreck @ 786-1030

Up-Dated Try-out Procedures

The West Salem Hockey Association Board of Directors would like to thank the members of the association who have stepped up to form a Try-out procedure committee. These members will meet and work on updating our tryout procedures. Great thanks go to Rich Berghefer, Brian Meyer, Marv Lehmann, Steve Antony, and Tom Monroe. Tryouts are very crucial to the development of our children. It is of great importance that kids are placed exactly where they developmentally need to be. With the help of these members we will work harder and stronger on making sure this happens. We have a fantastic association and we will continue to strive on doing whatever it takes to be greater and stronger for the years to follow!

Small Games Night!

John Van Cleave has been coaching a "small games night" on Sunday evenings at 7:00pm. This session includes small area games with skill development into a fun atmosphere. This is an optional session and is open to skaters of all ages. The next couple of weeks would be a great time to check this out if you are interested. With play downs around the corner and possible state tournaments this is a great time to let your kids have the extra practice they may want to engage in before they attend these events.

Your kid could learn something that could boost his/or her confidence before these big tournaments. Once again the Board of Directors would like to thank Jon Van Cleave for his time and commitment to our kids in the WSHA throughout the year. As parents we all know how valuable are time is, and how valuable Sunday evenings are. To give his to us is an appreciated generosity.

Thanks Jon!

Festival Receipts

Last year we tried earning money by saving Festival receipts but didn't have a good turnout in participation. We are going to try it once again.

Festival Foods reimburses us one percent of our receipt totals. They do subtract alcohol and tobacco. It really can add up. If you have any Festival receipts please contact Joanne Ledoux @ 786-3387.

Upcoming Event

Neshonoc Dayz

Neshonoc Dayz will be the next big fundraising event that our association participates in this year.

This event is held on the Sunday of the Memorial Day weekend. This year that would put us at May 24th. As you all should know we wrote out a separate check during registration for the raffle tickets.

We unfortunately had enough people last year that didn't participate in the event that we needed to make further corrections to the selling of the tickets. We make an easy \$5,000.00 when we have full participation. These events are crucial to our association.

With writing out our checks this year beforehand it is to your benefit to sell the tickets. There our prizes you can win during the raffle drawing as well. The prizes in the past have included 1st prize being \$500.00, a couple \$50.00 prizes, a flowering crab tree, and more.

We did have a family step up and volunteer to coordinate this event.

The Board of Directors would like to thank Heidi and Richard Brown for their enthusiasm in helping out with this very important event. This family has been in our association for two years and currently their son plays on the Mite 2 team.

It is families like these that help keep the West Salem Hockey Association alive!

The Board of Directors would also like to thank Chase Miller, Eric Hesselberg and Brien Plunkett for their commitment to this event the last few years!

There will be further detail of the event in the next newsletter.

Elections

Election time is right around the corner once again. Please note that the only way you can vote is if you or your spouse has been to two General Membership meetings in the 2008-2009 year.

If you have been to two, please come and vote on who you would like on the board for the 2009-2010 year.

Voting will take place during the March General Membership Meeting.

Here are the positions that are up for nomination this year:

- **President Elect**- one year position, after which the individual serves one year as President, then a third year as Past President.
- **Secretary**- two year position. Position involves taking notes at all the meetings and writing the Board Minute Reports and General Membership Minute reports; as well as writing the monthly newsletters.
- **Director at Large** (2) - two year position
- **League Representative** - one year position. Position involves attendance at the League Meetings as well as the Board meetings.

Interested individuals should contact Directors in Charge for the election - Mike Gorniak and Mitch Langreck, or the President - Joe Belling. You can also voice your candidacy at the February general membership meeting. Nominations will be closed at that meeting.

Absentee Ballots: Absentee ballots will be available on request in advance of election and hand delivered to an election committee member with the voter's signature on the outside of a sealed envelope containing the vote which shall remain sealed until the election and then counted at that time. Absentee ballots may not be circulated by any other members. Absentee ballots are available from board members Mike Gorniak and Mitch Langreck, or the President - Joe Belling. You can contact them directly to arrange a time when you can meet with them to fill out your absentee ballot.

Amendment of Articles

Proposed By-Law changes need to be turned in by adjournment of the March General Membership meeting.

As stated in Article VIII of the West Salem Hockey bi-Laws:

Section 1. By-Law changes must be submitted to the board in writing by the general membership meeting at least one month preceding the annual meeting.

Section 2. All By-Law changes shall be mailed to the general membership at least two weeks prior to the annual meeting.

Section 3. A two-thirds (2/3) majority of all voting members present at the annual banquet shall be necessary to amend the articles of Incorporation a/or these By-Laws.

Summer events

Please remember this year that once we tear down our ice rink we have many events going on to raise money for our association. We can hang up our skates but keep in mind that helping out in the summer not only counts towards your next years hours but it benefits the West Salem Hockey Association when we have great participation during the warm months as well.

Don't struggle at the end of the season trying to put your hours in all at once. Put half of them in before our season starts.

Please keep the West Salem Hockey Association alive.

We are all in this together!

Something to Think About

When our kids were younger it was up to us to change their clothes and prepare their bottles. As they got a little bigger we set out their clothes and prepared their meals.

We watched them crawl, we watched them walk. We even laughed as they tumbled to the ground. When they started kindergarten we walked them to the door.

We were the ones who praised them on their drawings even though they drew six stick fingers on each hand.

These are our children.

Each and every one of them is precious and special in their own way.

We watched them put skates on their feet for the first time; most of us watched them fall down; like they were learning to walk again.

We all smiled when they stood back up and clapped when they went around the rink and never fell down.

We encouraged them once again that hockey is a tough sport but they would learn and catch on.

We also have watched their enthusiasm when they scored their first goal, or when they assisted another player.

As our children move from level to level the pressure gets greater and greater.

Try to remember what we as parents do best; try to remember without our support they couldn't have walked in the kindergarten classroom alone, or rode their bike when the training wheels came off.

As the season wraps up and we all go to play downs this year and maybe even state tournaments as well, let's tell our children that they *can* succeed

that they *can* do great instead of they *have* to succeed and they *have* to do great.

Let them forget about the pressures that life forces them to deal with and just show them the support they all need.

Without so much pressure and with are support, our kids will succeed!

Recipe for the month



Crab Mango Stuffed Avocados

If you're expecting dinner guests and want to make an appetizer that is different, healthy, and one your guests will remember give this one a try.

Fresh avocados are just what the doctor ordered for this month's recipe!

You better keep the recipe on the counter; someone will surely want to write it down.

Ingredients

- 1 mango, peeled, seeded, diced small
- 1/4 musk melon, peeled, seeded, diced small
- 1 jalapeno, ribs removed, seeded, minced finely
- 1/2 cup cilantro, chopped
- 6 slices bacon, cooked and crumbled
- juice of one freshly squeezed lime, plus additional lime wedges for garnish
- 16 ounces lump white crab meat, picked through
- 4 avocados, cut in half lengthwise, pits removed

Directions:

1. In a medium sized bowl combine diced mango and musk melon along with the minced jalapeno, chopped cilantro and crumbled bacon. Toss with the lime juice.
2. Add the lump crab and mix gently until everything is fully incorporated.
3. Place two avocado halves upward on a small plate. At the center of each avocado, scoop a mound of crab mango salad. Repeat process with three additional plates. Serve with lime wedges.

Yield: 4 servings of two avocado halves each

There are no calendar winners until March.