

# WSHA NEWS



WEST SALEM HOCKEY ASSOCIATION [WWW.WESTSALEMHOCKEY.COM](http://WWW.WESTSALEMHOCKEY.COM)

January '09

## Board of Directors Meeting Notice

Monday, January 12th, 2009  
West Salem American Legion  
6:00 pm

## General Membership Meeting Notice

Monday, January 12th, 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  
Squirt Tournament  
Experience the Ice day  
New Goals/Nets  
Learn to Skate program with Park & Rec

#### New Business:

Updating Try-out Procedures  
Electronic Registration  
Electronic Newsletter  
Upcoming Board Elections  
Chiller Maintenance

### Just a friendly hello

Happy New Year to you all; another year has made its way.

The year on the calendar changes, but the world sits still. The quietness of the trees with only bare branches full of snow doesn't even move with the naked eye.

The birds chirp softly as they come and feed not knowing the change of year, just knowing the change of the season.



The deer run in the valleys not realizing that our calendars have changed. They are fortunate if they make it through a cold winter, wondering when the food source will be full again.

Children understand that it is a new year and that we now write out 2009, but when do we become old enough that we really grasp the change of year and not just the change of the numbers? How old are we when we really look back and say, "Wow, 2009"! As we become older we start really looking back at the different decades. The change from the 70's to the 80's to the 90's and 2000's. As you get older you can really appreciate life when you think of how quick New Year's of 2000 turned to New Year's of 2009. A decade passes before we are aware of everything we wanted to accomplish or maybe things we would like to change about ourselves. Maybe we are just who we are and if we make the best of what we have we won't be down about what we still don't have.

Maybe if we really need to change things about ourselves it will eventually work out or maybe we just don't give ourselves enough credit.

Maybe if we find ourselves not changing the bad habits we have endured in the years, maybe the bad habits really are apart of us.

Some people are serious while others are silly. Some people work their whole lives while others take time to have fun. Some people just get enjoyment out of a good book, while others like to dance and sing.

Let 2009 be the year that we stop judging people for what they do, what they like and how they believe.

Let 2009 be the year we just like people for who they are!

Sincerely,  
Kelly Cottrell

### Upcoming Events

#### **Team Tournaments in January:**

- Mite 1- Jan. 3-4<sup>th</sup> Baldwin Tournament
- Mite 2- Jan. 23-25<sup>th</sup> Winter Rec. Fest Jamboree in La Crosse
- Squirt 1- Jan. 16-18<sup>th</sup> Price Ice Tournament in Park Falls, WI and Jan. 31-Feb 1 Sparta Tournament
- Pee wee 1- Jan. 9-11<sup>th</sup> Onalaska Tournament
- Pee wee 2- Jan. 3-4<sup>th</sup> Onalaska Tournament **and** Jan. 23-25<sup>th</sup> Sparta Tournament
- Bantams- Jan. 24-25<sup>th</sup> Onalaska Tournament
- ALL TEAMS - Playdowns February 14-15
- Elections- March 9<sup>th</sup> 2009 7:00pm

### THANK YOU!

Green Bay Packers	Union State Bank
USA Hockey	Shelly Bee
Mathews	Julie Wall-Young
Identity Works	Kwik Trip
Top Dog Hockey	Multistack
Cottrell Flooring	Wal-Mart
Signal Systems/ Cathi Burger	Roxanne Grosskopf
La Crosse Athletics	Pierce Family
Martin Family	Nolte Family
Decker's Floor to Ceiling	Features
The Ridge Restaurant	Webteam
St. Joe's Country Market & Meats	
Quiznos Subs	Lloyd's Speedstop
Coney Island	Rhinehart Foods
Westview Inn	OSI
Gundersen Lutheran	Caulum
Plumbing	
McDonalds	Westland Insurance
A-1 Advanced Plumbing	Advanced Seamless
Risch Heating & Air Conditioning	
Pischke Motors	Clafton Skate
Becker Trailers	Americinn
Wagner's Blue Line	United Auto
Mike Marshall Construction	Hansens IGA
West Salem Auto Repair	Ledegar Roofing
La Crosse Fairgrounds Speedway	
H-Hayfield	Xcel Energy
River City Ready Mix	TCI

All of the people and businesses that are named above donated in some way or another to the Squirt tournament of 2008.

Everyone is greatly appreciated. We couldn't have the success that we have without the help of all who contribute during this time.

It is easy to miss one or two people, so if you see that someone should be on this list and isn't, please let someone on the Board of Directors know so it can be put in the next newsletter.

Thank you all once again!

### Last Call for Paper

The Board of Directors would like to inform everyone that this will be last newsletter sent out in paper copy mail form; this is in regards to the people who receive it in the mail instead of on line. Due to the high costs we endure throughout the year; we need to save money wherever it is possible. 75% of the association have been receiving their newsletters by email, but the 25% who still get them in the mail cost us roughly \$500.00 a year. That money can go towards a lot of things including our bank loans.

The newsletter is posted on our website at [www.westsalemhockey.com](http://www.westsalemhockey.com)

There will be also be a copy posted at the rink in the warming room, so if you are completely unable to get to the internet you can as well look at it during practices when you are at the rink.

If you have an email address that you would like the newsletter sent to please email it to, [cottrellwi@yahoo.com](mailto:cottrellwi@yahoo.com)

If you have any questions concerning this matter please feel free to contact Kelly Cottrell @ 786-1618

Thanks for your cooperation and understanding in this matter. Every penny saved can be put towards our kids and the future of West Salem Hockey.

### Work Hours/ Project Work Log - Now on the Web!

This online work log is something new this year that has been put together to help in the convenience of maintaining your work hours. This form is on our website and can be used to log your family work hours. Do not submit hours both on the online form and paper slips. Please include information in all fields. Try to keep up with your logging throughout the season so you don't forget later on. Take advantage of this awesome new feature on our website!

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

### Past Events

### **The Frozen Tundra Squirt Tournament**

The 5<sup>th</sup> annual Squirt tournament was a huge success this year. Everything ran smoothly and all the families really pitched in and helped out.

All the guests that came to our rink and watched their kids play complimented us on what a good time they had, and what great hospitality we held. For all the people who participated in this event, I'm sure they would all agree that hard work comes with great reward.

This year we made around \$3,300 during the tournament. That is an outstanding amount of money to make in one weekend.

There are many people that need to be thanked. The board of Directors would like to start off by thanking all of the Squirt families and any of the other families in the association who stepped up that weekend to lend their help.

Once again we would like to thank Cathi Berger and her brother, who both own "Signal Systems," for donating the flat screen T.V. that was on our raffle table. With that donation we earned a lot of money for our association. Her husband Curt as well who put in a lot of time during the tournament constantly helping out and making sure everything looked in order.

Thank you to Kevin Bigley for heading this event. Dawn Martin also deserves special thanks. She stood out tremendously during the event.

Joe Belling and Mike Gorniak put in much time, but as well spent the day Friday getting everything ready and set-up. They made sure the signs were hung and the trailer was ready. Taking off a day of work to make sure everything is in place is a commitment that is appreciated.

When Kevin was out of town Mike Gorniak and Brien Plunkett really stepped up to make sure things were still rolling.

Everyone who helped out in concessions did a fabulous job. The food was outstanding, which made more people eat at the rink than leave to eat. Thank you to J.C. Ledoux for volunteering to keep score throughout the tournament so the rest of us didn't have to go home with numb toes!

Each and every family in the West Salem Squirts played their part and made sure what they signed up to do was done.

The Board of Directors would like to give one more thank you to everyone who made this tournament a huge success by reputation and in the helping financially of this association!!

### **Up-Dated Try-out Procedures**

The West Salem Hockey Association Board of Directors is looking for a group of people who could meet and work on updating our tryout procedures. The procedures we have now work very well, but there is always room for improvement. If you think you could be an asset to this committee and you feel you could bring in some good input, please think about joining the committee.

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. If you are interested please contact President Joe Belling @ 786-0637.

### **ALL NEW - 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. Any association coaches are welcome to come and lend a hand as well.

I have heard first hand from parents and kids who have been attending this event on what a great program it is.

Please think about attending during a session and seeing if it is something that interests your kids.

What a great way to get extra ice time with other kids in the West Salem hockey association!

Thanks to John for putting together this next step in our player development process your time is greatly appreciated!

### **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 for a percentage of the receipts. It really can add up. If you have any Festival receipts please contact Joanne Ledoux @ 786-3387.

### **The West Salem Hockey Association website**

[www.westsalemhockey.com](http://www.westsalemhockey.com)

Visit our website.

Check out all the information you need, and more!

You can download your teams schedule, the telephone numbers of your parent representative or coaches if your kid is sick.

Log in your work hours.

You can find maps to out of town games and find the latest newsletter or general membership minutes as well.

You can also see if there are any upcoming events or new equipment at the swap shop. Check it out!

### **Open Position for the Upcoming Season**

This does sound like a broken record but we are still looking for a volunteer in a very critical area. All the functions throughout the year are crucial to the success of our program. We are still looking for a Neshonoc Dayz Coordinator.

This has been in the newsletter for the last few months. Please think about stepping up and putting this together. Find someone to do it with you.

Our association depends on the success of these fundraisers. Please don't just read it and forget about it. Consider it! It would be great if we could eliminate this from the newsletter next month. Please contact President Joe Belling if you are interested in taking on this fundraiser @ 786-0637.

### **Upcoming Event**

#### **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

**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.

### **Something to Think About**

Though it seems far from summer and much like winter is here for a while. The season does come to an end quickly. The summer brings a lot of events that we participate in and more we could do if ideas occurred.

There are many people in our association that don't care for the cold weather, and could really get some hours in during the summer. There are also enough new people that can really make a difference to our association as well.

You could start thinking of what you could do in the summer to help raise money for the following years to come. You don't need to be involved in everything, but think about one of the events.

We participate in two parades and will be looking for people to head them up and make sure things are run smoothly. Neshonoc Dayz is a big event that we hold. We make a lot of easy money participating but we are lacking someone to step up and head this event. It has been in the newsletter

for months and no one has replied. We would lose out on a lot of money if events like that one just went to the way-side.

Last summer we had two successful turn-outs at the festival brat barn as well. (Truly easy hours) The golf outing takes place in August, but starts meeting and organizing soon once summer starts. This is another event that could use more people to step up and make sure that it is as successful as it has been in the years before.

Once summer hits around the corner it will be time for try-outs once again and as noted in the newsletter we need a group of people to come forward to take a look at New Tryout procedures. Lastly Oktoberfest Races hits us, and we will be needing help there.

These are events we already participate in, please come forward this year and try to help.

If you have new ideas bring them forward to the Board of Directors. They are always looking for fresh ideas and ways to earn money for the West Salem Hockey Association.

We need to bring are ideas and connections together. We need to bring are ambitions and energy to a level that we can become greater every year.

If we all strive together in the goal of making our association the greatest we can succeed as far as we want or we can fail as little as we try!

Let's have a winning year for 2009-2010.

Let's keep together on our side, forget about the icing and make a goal! Together we will succeed!

### **Recipe for the month**



#### **Beef Chimichangas**

This is my favorite dish when I'm dining for Mexican. It is super simple to make at home as well. The cost is cheap and the time you spend is minimal. If you are in the mood for a Mexican favorite, get out the chips and salsa and get started! I would recommend using a deep fryer. Not so good for you but Oh, so good!

#### **Ingredients**

- 1 lb ground beef
- 1 30oz can of refried beans
- 1 8oz package shredded cheddar/jack cheese
- 1 package flour tortillas
- 1 package Lawry's burrito seasoning mix
- 1 jar of your favorite red salsa

- oil of choice for frying
- wooden toothpicks(soaked in a little warm water)

#### **Directions**

1. Brown ground beef.
2. Drain grease(paper towel works great)
3. Add burrito seasoning mix. Follow package directions.
4. After that's done, add can of refried beans.
5. Mix together nicely.
6. Add as much cheese as you like. I usually add half the package.
7. Optional: Add as much of your favorite red salsa to taste.
8. Mix together nicely.
9. Spoon some of the meat/bean mixture onto a tortilla.
10. Roll into a burrito type form.
11. Use toothpicks to keep the tortilla together.
12. Use your deep fryer (best results) or pan/skillet to brown on all sides.
13. Let cool and enjoy!
14. Top with sour cream and salsa or just finger food it! :)

#### **Calendar Winners for January:**

\$100 – Diane Campbell

\$50 Cole Trautsch, Tracy Koch, Kenzie Dejno,

Emily Ricci, Beatrice & Walter Baumer, Ron

Johnson, Mary Schamens, Jami Steensen, David Amborn

\$20 Patricia Bigley, Dennis Renaud, Martha & Clark Burdick, Jerry Hale, Jay Grotelueschen, Julie Kovalik, Ann Boland, Dean B Hart, Linda Rufer, Tim Quam & Margette Longworth-Quam, Junior Steinmetz, Don Wegner, Kathy Johnson

**There is no, General Membership Minute Report due to not enough people at the December meeting.**