

WSHA NEWS



WEST SALEM HOCKEY ASSOCIATION WWW.WESTSALEMHOCKEY.COM

April '08

Board of Directors Meeting Notice

Monday, May 12, 2008

West Salem American Legion

6:00 pm

General Membership Meeting Notice

Monday, May 12, 2008

West Salem American Legion Hall

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	786-4371
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:	Jenny Greiner	769-4166

Meeting Agenda

- Secretary's Report
- Treasurer's Report
- League Report

- Old Business
 - Village Lease
 - June Dairy Days
 - State Playoffs
 - Donation Plaque
 - Neshonoc Dayz
 - Banquet and annual meeting

- New Business
 - Calendar raffle
 - Adjourn

Hi everyone!

Well here it is May and I guess I can't say the weather is gorgeous, or the grass is dry; but I can say the Orioles are here and that is a good sign for summer time to be close by.

It is funny how we spend so much time on hockey during the season.



It even seems to consume our lives. You would think when the season was over we would have a lot of time on our hands, though for some reason are time is eaten up in many different directions. I think most of us play catch up for a while afterwards.

Do our bodies need rejuvenating after a long season? Maybe more exercise, better eating habits or not so much multitasking. In fact most of us know that the proper diet and weekly exercise can make a huge impact in our health now and in our future. How many of you know that, multitasking can increase such disease as coronary heart disease.

How good are you to your body? Everything we do affects our bodies either in a positive or negative way. Here is a test that helps to find out your life expectancy. It will show you the hazards and positive influence you have on your body. "You start with the number 72"

If you are male subtract 3

If you are female add 4

If you live in an urban area with the population over 2 million people - 2

If a grandparent lived to age 85 or over, + 6

If all 4 grandparents lived to age 80 or over, + 6

If either parent died of a stroke or heart attack before 50, - 4

If a family member under 50 has (or had) cancer, a heart condition, or diabetes, - 2
 As an individual, do you earn over 60,000 a year? -2
 If you finished college, + 1
 If you have a graduate or professional degree, + 2
 If you are 65 or over and still working, + 3
 If you live with a spouse or friend, + 5
 If you live alone, - 1 for every 10 years alone since age 25
 If you work behind a desk, - 3
 If your work requires heavy physical labor, + 3
 If you exercise strenuously 3- 5 times a week, + 3
 Do you sleep more than 10 hours each night? - 4
 Are you intense? Aggressive? Easily angered? - 3
 Are you easy-going and relaxed? + 3
 Are you happy? + 1. Unhappy? - 2.
 Have you had a speeding ticket in the last year? - 1
 Do you smoke more than two packs a day? - 8, one or two packs? - 6. One-half to one pack a day? - 3.
 Do you drink an equivalent of two drinks of hard liquor a day? - 1.
 Are you over weight? By 50lbs, - 8. By 30-50lbs, - 4 By 10-30 lbs, - 2
 Are you a man over 40 and have annual checkups? + 2.
 If you are a woman and see a gynecologist once a year, + 2
 If you are between 30 and 40, + 2
 If you are between 40 and 50, + 3
 If you are between 50 and 70, + 4
 If you are over 70, + 5
 What is your total score? Add it up. While there is no sure way to calculate your life expectancy, there are certain guidelines that can give you rough estimates. This test provides a statistical view of your life expectancy.
 I think it is really important to take care of one of the most precious gifts we have, our bodies. How we take care of our bodies now is how are bodies will look and feel in the future. Let's put it this way, our bodies are like a car engine or a washing machine. They will break down, so be gentle and take care of them! Lastly I also believe the healthier we are the healthier are kids will be in follow. Let's get healthy!
 Sincerely,
 Kelly Cottrell

Past Events

The Annual Meeting

The annual meeting started with a great dinner put on by The American Legion; juicy cooked chicken, delicious tender tips with mashed potatoes and gravy, along with a couple different sides and a crispy salad. What a nice way to start a great evening. When the dinner was over, Past

President Mr. Eric Hesselberg gave his farewell speech. What a job well done and appreciated by many. He will be missed but will still be an arm's length away for now. The torch was passed down enthusiastically because not only Eric but most everyone as well knows the torch was passed down to one of the most dedicated and sophisticated, former hockey player, current hockey coach, second time President, and exceptional role model for every kid in the association. Of course I'm talking about Mr. Joe Belling who as well gave an incoming speech and adjourned the meeting to partake in a little social hour.

Kids Banquet

The Board of Directors would like to thank everyone who attended the Kids banquet which took place April 13.

The Board of Directors would also like to thank Bonnie Trapp for heading this event - she did a wonderful job and is greatly appreciated for taking so much of her time in putting this together. A thanks to Julie Wall-Young and Roxanne Grosskopf as well for helping out along with anyone else who helped out that day. Thanks to everyone as well who brought a dish to pass. The food was wonderful. The coaches did a great job introducing their teams and handing out awards. One last thanks goes to all the children who behaved great during this event. It sure makes a difference when children use such respectfulness during these events.

President's Award

The Board of Directors would like to congratulate Kris Cvikota and Marlene Hulett for being named recipients of the President's Award for the 2007-08 season. This award is given to the person or persons who have really stuck out and made a huge difference in the association.

Kris Cvikota was a former "Outlook of the Month" in the newsletter. She is an amazing lady who has more energy than a Duracell bunny. She has two children who play for the West Salem Hockey Association. Jacob played on the Squirt II team this year and Sam played on the traveling Mite II team. She was not only the parent representative on both teams but she helped coach one as well. She is our registrar and she also put together and manages our new website. She, along with her husband Curt, did all the ice and referee scheduling as well.

On behalf of the association, congratulations and thank you for all you do.

The second recipient this year was dedicated to Mrs. Marlene Hulett. Marlene lost her battle with

cancer during the 2008 season. "Mother Marlene" was also featured as an "Outlook of the Month" in the newsletter. She was a hockey grandma who was always ready to step up and help out where ever was needed. She was the brainchild of the "Experience the Ice" day, and coordinated our awards banquets as well. She touched the lives of many people and will always be remembered as an honorable member of the West Salem Hockey family.

Congratulations to One of our Own

MILWAUKEE ADMIRALS / WAHA Coach of the Month

March 2008

Congratulations to the following youth coaches, for your selection as WAHA Coach of the Month:

Mike Wachter - Ozaukee Youth Hockey Assoc.
Mark Florek - Marinette/Menominee Youth Hockey Assoc.

David Mulder - Fond du lac Blue Line Hockey Club
Joe Butcher - Sun Prairie Youth Hockey & Madison Capitols Hockey Club

Steve Antony - West Salem Youth Hockey Assoc.

Steve Vandervest - Rhinelander Youth Hockey Assoc.
Mike Floyd - Milwaukee Winter Club Hockey Assoc.
Ron MacKinnon - Dodgeville Ice Wolves Hockey Assoc.

Martin Hickey - Eau Claire Youth Hockey Assoc.

"Congratulations" to all youth coaches for youth time and effort over this past season. Without your time and effort the sport would not exist!

Earlier this year we had our very own Mike Campbell be presented this award, now we have once again exceeded excellence with Coach Steve Antony. He is commended by the Board of Directors. This man is not only a phenomenal coach but a non - parent coach. This man dedicates his time to our kids during the hockey season, not because he has to be there, but because he cares about our kids. He cares enough to teach, mold, strengthen and congratulate our kids as they go on to the next level. Now we want to congratulate you for all the work you've done for us. You are definitely a number one coach; Thanks!

Coaches Committee

We are looking for members who would like to become involved on the coaching committee. The primary function of this committee would be to

recruit and qualify head and assistant coaches for all teams in the association, then making recommendations on coaches to the Board of Directors. This is an extremely important function within the association as it directly affects the development of all our kids. We would like to see 5-6 members on this committee representing a cross-section of all levels. If you are interested in participating in this, please contact President Joe Belling at 786-0637.

Open Positions for the Upcoming Season

We need some volunteer help in some very critical areas!! All of these functions are crucial to the success of our program. Please contact President Joe Belling if you are interested in any of the following open positions. Remember - you don't have to do this yourself - anyone can "tag-team" these jobs. Please consider helping out if you can.

We need:
Rink Manager
Neshonoc Dayz Coordinator
Golf Fundraiser Coordinator
Home Tournament Director

Upcoming Events

Neshonoc Dayz

Neshonoc Dayz is set for Sunday, May 25. We are still looking for someone to head this event for the future. If you are interested please contact any board member.

As noted in the last newsletter we will not host the fishing derby this year, but we will be doing the Chicken-Que and selling Neshonoc Dayz raffle tickets. Every family is responsible for selling tickets for Neshonoc Dayz. If you didn't get them at the Kids banquet please contact Eric Hesselberg @ 786-2938. **REMEMBER - THIS IS A VERY IMPORTANT FUNDRAISER FOR WSHA. EVERY DOLLAR SOLD IS A DOLLAR RAISED FOR US. IT IS CRUCIAL THAT ALL TICKETS ARE SOLD!!** **Selling these tickets is one of the ways we keep our registration fees the lowest in the league.** During the evening Main Street is blocked off from 5:00-12:00am for the Neshonoc Dayz street dance. Hopefully the weather is nice and you can all take part in this fun event with your families.

We still need a lot of help with this important event in selling tickets and tear down. There are slots open from 6-8pm and 8-11pm, and tear down at 1:30am. Again, this is another great way to get your work hours in early. Mark your calendars you'll want to make sure you join in on the fun.

June Dairy Days

June Dairy Days will be here before we know it.

J.C. Ledoux is heading up this event.

If you are interesting in helping out during this event please contact him @ 786-3387

This is a real fun event to take part in. The morning of Saturday, May 31 starts with the June Dairy Day's parade. The association will once again participate with a float so we can have our kids along with some adults walk through. The kids really enjoy rollerblading or walking through the parade and throwing candy out to the other children watching the parade. This parade is one of our most important marketing tools; it shows kids in the area that we exist and have fun during and off season.

Anyone intersted in riding along with the float should plan to meet for the parade on the 200 block of East Tilson Street at 11:30 am to get situated and hand out jerseys.

During the evening and night we serve beer in the beer tent. What a great way to get your work hours in. Nothing like "Fun Work"!

Go ahead call and sign up to help for these events. Be apart of something. You'll be happy you did.

Mopar Car Show

The annual Mopar Car Show will be held on Saturday, June 7 at the Fairgrounds. WSHA will once again be helping out with serving, and in return the Mopar Car Club makes a very nice donation to our association. We currently have all volunteer slots filled for this event. Thanks to those who volunteered! Come on out and check out the event!

Summer Work Day

Be listening in the next couple of weeks for a phone message requesting some help at the Lion's Building. As part of our agreement with the Village of West Salem, we need to install a permanent security fence around our chiller. In addition, we need to re-install the charcoal grills on the west side of the building. Anyone with experience installing chain-link fence that can help out, please contact Joe Belling.

Roller Hockey Anyone?

A message from Onalaska/Holmen Tornado Youth Hockey:

Hello everyone!!,

I hope that your off season is going well. The reason for this email is to see if there would be any interest for a summer roller hockey program? I have

in place a plan to run a summer program in rink 2 with the boards up. The program would be a pond hockey style program, come in during your levels time slot and have fun playing!!

For those of you new to roller hockey, it is played 4 on 4 with NO icing, NO offside's, and NO checking...at any level! It is also played with a ball, to keep the action moving.

This is a great way to keep your son OR daughter playing and working on their skating, stick handling and shooting skills. Roller hockey is a game of fitness and creativity, with little stoppage in play and with no contact kids are open and encouraged to try new and different things while skating with the puck/ball. Trying things that they wouldn't normally try during the ice season. While working on their cardio and basic skills without even realizing it. Much of the nations youth teams are starting to use roller hockey to compliment their ice hockey program during the off season. Not only youth teams but many NHL players and college players also use it to hone their skills and stay sharp for the upcoming season.

Most of the gear is the same as ice hockey with the major exception being rollerblades instead of ice skates. Below is a list of the equipment needed to play:

- 1) *Helmet with a full cage*
- 2) *Gloves*
- 3) *Elbow pads*
- 4) *Shin guards*
- 5) *Mouth guard*
- 6) *And while NOT required I would strongly recommend a pair of Roller hockey breezers and Roller hockey pants.*

The cost of the program is being worked out at this time, but one cost for sure would be registration with USA Inline hockey for \$30.00

The time frame for this program would be June 10th thru the end of August with the nights being Tuesday and Thursday night's

The time frame breakdown would be 6-7:30 Mites and Squirts together, 7:30-9 Pee Wee's and Bantams together, and 9-10 Midgets and Adults together (possible with HS joining them).

The program will be open to ALL THE AREA HOCKEY PLAYERS listed above from Onalaska/Holmen (TYH), La Crosse (Flames), La Crescent (Lancers) and West Salem (Wild). BOYS AND GIRLS ALONG WITH MENS LEAUGE, AND COACH'S are all welcome and encouraged to come on out.

It's a great way to keep your skills up along with improving them all while staying healthy!!

If you could please let me know if your are interested or not by this Friday so I can start finalizing plans for this program it would be greatly appreciated. I should have final numbers for cost and dates by the end of next week, but I'm pretty sure it would be \$100.00 or less, (including the USA inline registration). By the end of next week I will be able to give you a definitive answer as to wither or not there is enough interest in this program to take it further.

Any questions feel free to email me at the address below.

Thank you for your time and I look forward to hearing from you soon,

Mike McCaffrey

TYH Coaching Director

Mikemccaffrey@tornadoyouthhockey.org

Recipe for the month

Here is a recipe for the month that I think you will enjoy. It takes a little more time than the fettuccine from last months dish, but it is a wonderful and amazing dish; as well great presentation for guests with great flavor and color.

Chicken Etoufee

You will need:

- 2 green peppers
- 1 red pepper
- ½-1 jalapeño pepper (Depending on spiciness)
- ¼ cup and 2 TLBS olive oil (can substitute butter)
- 2 TBLS salt
- 2 TSPS garlic powder
- 2 TSP pepper
- 1 1/2 TSP Cajon seasoning
- 1 TSP Paprika
(Basel for taste)
- 2 TBLS flour
- 1 can of beer
- 1 package of skinless chicken breasts
- Enough white rice per serving needed

There are three different mixtures:

First: Chop up the green peppers, red pepper and jalapeno pepper. Add them to a pan on medium heat that consists of ¼ cup olive oil.

Cook on medium for about 10 minutes.

Second: Spice mixture combine in a small bowl, salt, garlic powder, pepper, Cajun seasoning, paprika, and Basel. Stir above ingredients and then add to the pepper mixture.

Third: In a stewing pot heat 2 TBLS of olive oil until hot, add the flour and begin with a Wisk right away. Add the beer slowly adding a Wisk to it the whole time. Simmer and let sit for 20 minutes or until thick. Poor over the vegetables once it is thick.

Lastly: cut up the chicken and cube it. Throw it in the mixture un-cooked.

It will cook very fast in the mixture. During this time prepare the rice as the directions state on the box.

Poor mixture over the rice, serve and enjoy!

Yield: 5 servings

Calendar Winners for April:

\$100 Shelly Bee

\$50 Stephanie Schwertel, Heidy Brown
Kim Duncan, Jane Korn, Jamie Weilandt, Tammi Yanzer, Helen Hilts, Harry Caulum, LeRoy Paulson

\$20 Kendall Gerke, Kay Stannard
Ronald Christopherson, Beatrice & Walter Balmer
Steve Larson, Bob Koch, Erica Wall, Dan Ehlers
Tracy Krueger, Bob Harris, Linda Garvalia
Andy Lenselink, Eugene Schmitt

*No General Minute report due to the annual meeting.