

# WSHA NEWS



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

November '07

## Board of Directors Meeting Notice

Monday, November 12, 2007

West Salem American Legion

6:00 pm

## General Membership Meeting Notice

Monday, November 12, 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 Berghefer	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
- Zamboni
- New Business
- Experience the Ice Day Sunday Nov. 11<sup>th</sup> 2-5pm
- Calendar Drawing
- Adjourn



### Just a Friendly Hello

What a beautiful sight as I look out my window, and see the changing of the leaves, and the trees of many colors. That's when you truly know there is no place like Wisconsin.

I hope everyone had a great Halloween, but don't blink or you'll be taking a bite of turkey.

As the air breaths cold on our faces, it is a sure sign we can say, "Let's play Hockey"!

Recently I watched a show that is hosted by "Loretta La Roche, the queen of stress" If you want a good laugh check it out. She calls it "The Joy of Stress" strangely as it sounds it all made great sense. This I will quote. "Everyone is going to suffer from stress in one way or another, so why practice it"? It made a lot of sense after thinking about it for a couple minutes. We live in a society that talks about stress in 75% of there conversation.

People in general need to laugh more. It's good medication. You ever notice when kids laugh, it is through their whole bodies? Yes, it looks a little silly, but really very healthy. Next time your feeling stressed put on a huge grin and laugh through your whole body for 30 seconds and think "stress is going to be around us, it's a part of life. Let's not practice it so much".

You might just find yourself having a better day!

Sincerely,  
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!

### Past Events

#### October Fest Races

October Fest Races is a great fundraiser that we are privileged to be a part of.

This year there were a few challenges with the rain and muddy conditions, but everything went good for the circumstance.

Everyone pulled together, and made the best of the situation.

No number figures have come back yet, so we can't report money earned, but the Board of Directors would like to give a huge thanks to Mike Gorniak for putting in the time he did. He took off the week of work to ensure everything was done and the volunteers new there task. It's great to have people such as himself around are association. When push comes to shove he does whatever it takes, and we all thank him for that; Also everyone who helped out

and put in there time. We as a whole know how precious everyone's time is. You are all thanked as well. We need to thank F.M.B. Trailer, for letting us have use of there camper. Also thanks to Meyers Sales & Services for letting us use there Turf Cruiser, and last but sure not least we would like to thank the Speedway management for the opportunity to help out & participate in this great fundraiser!

### **Candle Sales**

Candle sales, is a fundraiser that a couple of hockey moms have founded and taken under there wing. They really found a way we can raise some quick money for the association.

The Board of Directors would like to recognize these two ladies, for there time; with this fundraiser and putting it all together.

They're both special ladies to our association. They both help out at almost every fundraiser the hockey association puts on. Rosie Trautsch, and Roxanne Grosskopf deserve huge thanks. They give up a lot of their time all year long.

We all think you two are amazing hockey moms, and a great example to everyone in the association! What a great turnout this year was. Last year for 2006 we collected \$3,426.10. We paid out \$2,119.58 to the candle company, and profited \$1,306.52.

This year in 2007 we collected \$6,597.00. We paid out to the company \$4,180.80, which left us with a profit of 2,416.20. We made over \$1,000 more than last year.

Also thanks to everyone who helped sell. We couldn't do it without those smiling faces, and sales pitches. Those are amazing numbers, with only 28 members of the association participating. Can you imagine if everyone in the association sold candles next year"? Very impressive indeed!

### **Rink Set-up**

The huge job has been accomplished and what was a shelter house, is now a hockey rink. Practices are set and kids are skating.

There are many people we need to thank for the hard and long hours of the operation.

The Board of Directors would like to give a huge applaud and appreciation notice to Brian Meyer. He not only headed up the set-up, but took the whole week off from work just to make sure it went smoothly and the man power was there. That is what we call dedication. From the Board, "Thanks Brian, are kids are in gratitude to you".

Thanks everyone else as well. You all know who you are. When a bunch of people come together to

make something big happen that is a sign of a wonderful, hard working association. (You can all put your feet up for a moment. Woops practice starts in fifteen minutes, break times over.)

Thanks again everyone who participated!

### **Upcoming Events**

#### **Experience the Ice Days**

Experience the Ice Days is set for November 11 from 2:00 – 5:00.

Hopefully we will get a nice group of children to take part, so we can keep the future generations strong.

If you know of anybody that may have interest, please inform them of this event.

We will have some equipment available, along with a stick, puck, and hockey tape for each child.

We will provide some food, so the children have something to eat, for after they're done skating.

"Come one, Come all, don't worry if you Fall"!

If anyone has any questions please contact,

Kelly Cottrell@786-4371 or Kris Cvikota @786-3489

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

The West Salem Frozen Tundra tournament is coming up next month. The date is set for Friday Dec.7 through Sunday Dec.9.

This is a big weekend at The West Salem Hockey Rink.

This is a great weekend to put in some of your mandatory work hours.

For the newer people to the association, there are concessions that need to be worked, raffle tickets that need to be sold. There is cleaning that can constantly be done. Someone needs to work the time clock. The penalty box needs to be filled, etc...

This is just a simple suggestion on a good way to put in some of those work hours.

There are sign up sheets prior to the event, so get your name on the list, and join in on the fun.

Any questions about this event please contact Joe & Lisa Belling @ 786-0637

#### **Open Skate**

The board would also like to address 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. The days and times for each will be posted on the website following the next board meeting.

We do need to make a few notes about the Open Hockey policy. The past few years, we have discovered that players from neighboring associations are taking advantage of our Open Hockey times. The Board of Directors would like to make it clear that “**Open Hockey**” is for the use of **WSHA members and alumni, and residents of West Salem, Bangor, & Mindoro only.**

It costs our association money every time we turn the lights on at the rink, and time to fix the ice after intense usage, so we need to make sure we are the ones getting use of the facility. Kids from other associations need to use their own facilities, not ours. A sign stating this will be posted at the rink soon.

We need our members to act as sort of “rink police” - if you see kids who don't seem to belong skating on our rink, please inform them of the policy, or inform a board member of the situation, so we can keep an eye on the rink and a handle on our costs.

**Also, please remind your kids to pick up the locker rooms after practice and open skate. If this becomes a problem we will have to assign parents to check and clean them after each practice.**

Also note this week, Wend. & Fri. after school and from 10:00-11:30 on Saturday morning there will be no open skate. We are doing Black River Falls a favor and renting our ice to them, because of problems they have encountered with their ice.

Everything will be back to normal again next week. Thanks, WSHA B.O.D.

### **Outlook of the Month**

Well I've been saving this month's outlook for right at the beginning of the season. This lady is a hockey mom with a capital H-O-C-K-E-Y.

This lady holds down a full time career, three children and every time you turn your head at the rink she's there. How does she do it all? What are her secrets?

Ok, Ok, we better start with who she is, for those who have been in the association for a while you probably already guessed, but for those who are new to the association, her name is Jeanne Meyer. She's an amazing woman.

A good way to find out who she is is by checking out the kitchen of the hockey rink. That is where she spends a lot of her time. She makes sure we have what is needed all year round. (It is a big job. Grocery shopping at our own houses is a job let alone the hockey kitchen added.)

She really is a great role model to all the young girls out there.

How does she dig her hands into everything thrown at her? (If you're actually trying to answer that, forget it, some things are un-known) Though she can catch a mean softball, maybe that's part of the magic! Take up softball. No, I don't think that is it. Ok, how about we go deep and personal in the life of J-e-a-n-n-e M-e-y-e-r.

Jeanne was born, and raised in Lancaster Wisconsin.

She is married to Brian Meyer who is a Project Engineer for the State of Wisconsin. She has been married for 12 years and they have three children, Hunter 12 (PEEWEE), Haylee 9 (Softball Player) and Colton 8 (Mite).

Jeanne is an Executive Director for the Coulee Region Children's Advocacy Center, Ltd. “My agency provides services and support to child abuse victims living in the Coulee Region”, Jeanne added.

Knowing what a huge fan of hockey she is, I wondered if she grew up watching it or just recently became a fan. Here is what she shared, “No but I was an avid ice skater and lived at our ice rink during the winter months. I did not start watching until I was in college”; Though Jeanne herself did play Softball, Volleyball, Basketball and some shot and discus in track and field. “I also worked out quite a bit in the gym.” She added.

This is a question I always ask, because when people as her are so involved it is interesting to find out what the W.S.H.A. means to them. Here is what Jeanne said, “I care deeply about the WSHA and I think it is a great association to be a part of. I am very proud to be a member and to have my children compete on behalf of WSHA.

The valuable piece of it for me is the relationships that my family and I developed with other families in the association. My family and I experienced a great heartache this year and I cannot tell you how much it meant to us to have so many from the association reach out and support us through out time of need.” (That was a very sincere and heart

warming answer. It makes you realize what a real and caring association we're apart of.)

I asked Jeanne if she had to sum up the word hockey in one sentence that would be what? She said, "An intense sport that I absolutely love to watch and I hate when the season comes to an end." (I had to laugh, because those words could have been taken right out of my own mouth). Women like Jeanne are such an inspiration to others, though you wonder what kind of a person inspires her. She definitely had a strong answer, "Individuals who are like my father. That would include being strong, caring, ethical and above else genuine. They really are what they appear to be. (Its funny how that works, sometimes you are inspired by people who have the same personality traits as yourself. She probably didn't even think about it, but that kind of describes her. Like father, like daughter, huh?)

I went on to ask Jeanne if she had to describe herself to us in one sentence that would be what? "I am someone who cares deeply about family and friends and there is nothing I would not do for them, well within reason, especially in times of need".

I always think this is such an important question, You work, and have a family, but volunteer a lot of your time to the Hockey Association, How do you hold everything together? Does your husband play a role in any of that?

"I would not be where I am today if I did not have such a great husband. He really is a great source of strength for me and our children and I am sure some would agree he is destined for sainthood. He really puts up with a lot from me and I would be lost without him. He feels just as strongly as I do about being a part of our children lives and supporting them in what they do, as for holding things together, I do what needs to be done. Some days seem more hectic then others so I try to stop take a deep breath and start again. I also have learned a big lesson in taking on smaller tasks and not being a part of more then one or two organizations at a time. Trying to do too much with little to no time can be overwhelming and can be hard on relationships. I decided to slow things down and take on what I could handle. Prioritizing what really matters in life and sticking to it is a wonderful thing! "

(Wow that is what I'm talking about! Teamwork, as she just described is a key factor to the magic of the earlier mystery. I think we're also looking at a lady who really has her head on strong!!)

Now this question is important.

What advice do you have to parents who just can't seem to find the time to put in their hours?

"There is always something to do, even the smallest of things can help our organization out and add to work hours. During practices, sweeping around the

stands and by the hockey boards or cleaning out locker rooms, picking up inside the shelter, working concessions or helping out during the squirt tournament. There is always something to do you just need to ask and get involved."

Here is an important question as well to new hockey parents or just plain confused parents.

What advice can you give younger generation hockey parents in general?

"Hockey is really a great sport, have fun with it.

**Really teach your children about the importance of being a team player and showing great sportsmanship on and off the ice.** (Yes, if you learn anything from this newsletter, please let it be that!)

Well then, let's find out why Jeanne volunteers so much of her time to the W.S.H.A. "I like to spend my time supporting and volunteering for things that I feel very strongly about and WSHA happens to be one of them. Because my children are involved, I want their experience with WSHA to be the best it can be." (That's what it is truly all about)

All right Jeanne, if you had to sum up the meaning of life in one song; what would it be? "Do It Anyway" by Martina McBride. "What a powerful song that really sends a positive message about never giving up no matter how bad it gets." (If you're not familiar with this artist, she sings a lot of powerful, meaningful songs.)

Sometimes when you ask someone if you could be anywhere where would it be, you get a response like a "tropical island" this is where Jeanne would place herself, "At home enjoying the day with my family. It seems lately that we always have something going on and our time together gets shorter and shorter."

This is another question I always find interesting, because as we all know, no body is perfect.

You're a great role model for young adults; do you think there would be anything you would change about yourself if you could?

"Yes, sometimes my intensity level. I tend to become too passionate about things and can steam roll my way through if I feel I need to. So I could tone it done a bit." (Honest answer. How many of you can relate to that?)

We all can see you lead a busy life. Do you have any hobbies you enjoy? "I love to read, walk and play with my children."

I asked her if there was anything valuable she has learned, and could share with us. "I believe if you handle life with more grace and class your better off for it. You don't feel like such a jerk then."

Lastly I asked if your sons or daughter could learn one thing from you and one thing only; what would that be? "There is nothing in life that you cannot achieve if you really want it bad enough. Don't let anyone take away your dreams and always hold your head up high no matter how bad things may

get.” (Those are strong words that everyone should live by. Life is too short to wish, and not do, and your head is on top of your body for a reason)

\*When it comes down to it. If you really look inside The lives of people in our association like Jeanne Meyer, with such integrity, and ethical morals. We should be proud to have them in our association. Thanks Jeanne you are truly an inspiration!

**Raffle drawing winners for October:**

\$100.00 - Dan Koonce

\$50.00 - Bob Diehlmann, Bob Koch, Patricia Miller, Eric Papenfuss, Robert Burnett, Patricia Kline, Helen Hiltz, Greg C. Olson, Ruth Mary Priebe,

\$20.00 - Dawn Berghefer, Brent Miller, Chris Riley, Megan Rank, Aaron Perry, Nick Deery, Heidi Chumbley, Eric Fryderlund, Chad Midtlien, Ted Evenson, Keith Maguson, Tammy Zander, Tyler Gorniak