

# WSHA NEWS



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

November '08

## Board of Directors Meeting Notice

Monday, November 10th, 2008  
West Salem American Legion  
6:00 pm

## General Membership Meeting Notice

Monday, November 10, 2008  
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  
Region Report

Old Business:  
Coaching Final Selections  
Registration  
Recognition Plaque  
Rink Set-up  
Learn to Skate program

New Business:  
Advertising Ideas for Calendar Raffle

### Just a friendly hello

Hello to you all! We have experienced some cold days, but surprisingly we had absolutely gorgeous weather during the long Halloween weekend! I don't think I can even remember the last time we left our house during Halloween in only our costumes leaving behind all our jackets!



Well to anyone who has been on hockey vacation; welcome back because the season has officially started.

With the start of a new season, it can bring new ideas, perspectives and fresh starts as well. Most things in life aren't going to be perfect or sugar coated. Life is real, it is not a drawn out extravagant picture or fictional book.

We will come across issues that may disagree with our beliefs as individuals. The reason why is the fact that we all have our own opinions. Sometimes when your struggling to let out frustration; when you want to be heard even though in all reality the issues in the big picture of life doesn't seem all that important; maybe instead of talking to someone who may not agree with you; to save yourself from an argument you should find other sources.

Have you ever walked back into a valley and yelled at the top of your lungs? Letting out the ugly frustrations of the world to make your self feel whole again? Have you ever watched the nature around you trying to get ready for a cold winter, peacefully moving around without argument and exaggeration? Have you ever sat under a tree and thought out loud? Maybe wondered how many secrets this tree holds deep inside. Trees breathe in carbon dioxide and lets out the oxygen that we all need to survive. A tree doesn't care about the mistakes you make. It doesn't care about all the he said, she said drama of the world either.

Trees can live to be hundreds of years old. In the long run of life the small things don't matter and the important things do. If a tree was without sun or water it would eventually die. Just like you and me.

Remember before you lose track of what is really important try to remember what really isn't so important.

Let's work as a team and keep our focuses on what brings are association together and not apart.

Sincerely,  
Kelly Cottrell

**Upcoming Events**

🇺🇸 December 5<sup>th</sup>-7<sup>th</sup>- Squirt Tournament

**MUCH APPRECIATION!**

The Board of Directors would like to once again extend our thanks and gratitude; for recent donations given to the WSHA.

Many thanks go to Richard and Vicki Miller for their monetary donation.

We also need to give a huge thanks to Harry Dahl for a very extremely significant monetary gift!

It is so wonderful when you see people outside of our association that care enough about the kids of WSHA to make donations!!

We appreciate you all!

**Safety Concern**

Last year the issue was raised about the safety in our parking lot. This issue is still in effect and we all need to abide by it. The Board of Directors would like to reiterate the safety concern for our children:

**When parents are dropping kids or picking them up, please do not park on the side of the parking lot closest to the rink.** This puts the other WSHA kids at a high safety risk, especially now that the clocks went back, it is dark early and it would be very easy to accidentally injure a child walking across the parking lot.

We ask you to please park your car when you are dropping or picking up your children. If you need to, please stay on the road and don't even enter the parking lot. We need to all be on the same page with this. We are hoping it isn't necessary to put a sign out by the side of the parking lot in question.

The Board of Directors thanks everyone ahead of time for your support in this concern!

**Team Practice Schedules**

Bantams- Mon. Thurs. @ 7:45 PM  
 Peewee 1 - Mon, Tues. Thurs. @ 4:00-5:15 PM  
 Peewee 2- Tues. Fridays @ 6:30-7:30 PM  
 Squirts - Mon. Thurs. @ 6:30-7:30 PM  
 Mite 1- Mon. Thurs. @ 5:30-6:30 PM  
 Mite 2- Tues. Fridays @ 5:30-6:30 PM  
 Termites- Saturdays @ 9:00-10:00 AM  
 Goalies - Tues. @ 7:30-8:30pm  
 Small Games Night - Sundays @ 7:00pm

\*This list of practices should help you distinguish when teams are on the ice and for the most part when they are not.

Note: Wednesday's are completely open right now.

When you can get your children on the ice for open skate; not only are they having fun, but they are raking in the benefits of getting out on the ice and practicing on the certain things the individual thinks they need to work on. Without the focus on the skating of a full team, the individual has free reign to pick what he/she wants to improve on!

**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****Rink Set-Up**

What a sigh of relief when we all walk into the Lions Shelter Building and see the boards around the rink filled with ice and skaters! Another successful year has brought upon the accomplishment of our children getting on the ice. Hours are put into this very important project; but they are repaid with hundreds of shrieks of excitement from the WSHA kids!

Everyone who put in hours and time into the "Raising of the Rink", are greatly appreciated. The Board of Directors would like to thank Brian Meyer for taking the ambition once again this year in coordinating this event. There are many people who put in their time and hours, and whom I would like to thank, but knowing there are too many people to list, we will just make known that the Board of Directors would like to thank everyone who had any part in making this project possible. A special thanks to Chase Miller and Dan Lenselink as well for putting in endless hours making sure the ice went in smoothly and successfully! How do you not thank a man who has not one child who plays in the WSHA, but a lot of passion and drive for the association and children.

Thanks time in and time again to Chase and Dan! Once again, thanks to all who helped out! We couldn't do it without all of your strong will of dedication and support!!

### **Bowling Fundraiser**

The Bowling Fundraiser took place on October 25<sup>th</sup>. All together between the West Salem/Sparta Viper Booster Club and WSHA \$1673.00 was raised! Events like this really help to keep money flowing through the association as the year passes on. Every one who helped out and participated in this event is greatly appreciated.

Fundraisers that take place throughout the year would not succeed with out the help of those who volunteer their time. The Board of Directors would like to give a special thanks to the success of this event to Gerry&Deb Betz, Eric Hesselberg, Gary Heather, Joan Ledoux, Jenny Greiner, Jeanne Meyer and Peggy Langreck.

### **Upcoming Events**

#### **Learn to Skate-**

Mitch Langrek is coordinating a "learn to skate" program that will last 6 weeks long. Anyone in the community is welcome to attend. The people attending must wear Hockey skates and come with the intent on learning how to skate. This program will be held once a week. We are hoping after putting on a "learn to skate" program, that we may possibly attract kids in the area to join the WSHA. Stay tuned for more information...

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

This year the Frozen Wild Squirt tournament will be held during the first weekend of the month, which falls on December 5<sup>th</sup>-7<sup>th</sup>. Last year we earned around \$3,000.00 to benefit the entire association. Our goal this year is to top that which can be done with the ambition of the Squirt families. Every Squirt family is responsible for pulling their weight during this event. If you are Squirt family and haven't met with Kevin Bigley to sign up for an event you should do that as soon as possible. By signing up he can figure out what needs to be done and you can make sure you give yourself enough time to complete whatever task needs to be finished.

If you are at another level within the association, the Squirt families would love to have your help as well if you would like to get involved. This tournament does take a lot of work, so it does need to get completed as soon as possible. Other families in the association that would like to get some of their work hours put in; this is a great event to put in some hours. Sign up sheets will be available soon at the rink.

We all have been to tournaments that have stuck out above and beyond with simple things such as hospitality. We need to show every team whom

walks in our doors the hospitality that we expect and deserve when we are in their rinks. A little effort can make a huge impact to our association. Remember the money earned from this tournament benefits us ALL. If you have any questions or would like to help out in some way, please contact Kevin Bigley @ 786-2723

#### **Open Positions for the Upcoming Season**

We **STILL** need some volunteer help in a very critical area! All of 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. If you are new in the association or just haven't gotten your feet wet yet, think about stepping up and taking on this event. Find someone and team up together. Our association depends on the success of these fundraisers. Please don't just read it, really think about it and consider it. Please contact President Joe Belling if you are interested in taking on this fundraiser @ 786-0637.

#### **The WSHA Swap Shop - on the Web Site!**

Hopefully by now everyone has had a chance to browse through the swap shop inventory or put something they no longer are in need of onto the inventory list of items.

This is a way cool site - you may be surprised at what you find.

If you haven't already, please check it out @ [www.westsalemhockey.com](http://www.westsalemhockey.com)!

#### **ALL NEW - Small Games Night!**

John Van Cleave has offered to host a "small games night" on Sunday evenings at 7:00pm. This session will incorporate 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. Thanks to John for putting together this next step in our player development process!

#### **Olympia Drivers Wanted**

Anyone interested in learning how to operate our ice resurfer should contact Chase Miller @ 780-1505. Chase will be conducting a training session on the Olympia in the near future. Each team should have one or two parents trained on this machine to help out for practices and games.

#### **Something to Think About**

I think when the word winter first hits my ears; I feel a sudden unease and a feeling of chills run through

my body. I think of the distress of the icy roads and the below zero temperatures. I think of a permanent warm hat snuggled around my ears. Then, I wonder why anyone ever brought winter into this world. I think about my hypothesis a little longer and here is the conclusion that I came up with.

Try to listen really hard until you can hear the sounds of whistling winds and crackling fires, really feel the crisp fresh air as it intensely paralyzes your body.

Once you have reached that point there is only one word left to describe the reason winter was created. HOCKEY; there - I've said it! My conclusion is: hockey is the real reason why winter was created! Together we need to think of new ways that we can help strengthen "our" association. "It is never too late to get your feet wet and feel the sensation of achievement run through your body. Achievement is what this association needs to survive!

#### **Recipe for the month**



Oh yeah, Baked Potato soup!

This is my all time favorite!

If you like soup you have got to try Baked Potato! The ingredients are just right to form a rich, smooth delicate taste with enough texture to please any hungry man!

The toppings are a must! You should not eat this soup without the proper garnishes! It just isn't a baked potato without sour cream, cheese, bacon, and chives!

#### **Baked Potato Soup**

2 tbsp. butter

1/4 of a large onion, chopped

1 clove garlic, minced

4 baking potatoes (about 2-1/2 lbs.)\*

2/3 cup all-purpose flour (about 3 oz.)

6 cups milk (use 2 percent reduced fat if you prefer)\*\*

1 cup (4 oz.) shredded extra-sharp cheddar cheese, divided (use reduced fat if you prefer)

1 tsp. salt

1/2 tsp. freshly ground black pepper  
1 cup reduced-fat sour cream  
3/4 cup chopped green onions, divided  
6 bacon slices, cooked and crumbled  
Cracked black pepper (optional)

1. Preheat oven to 400°F.
2. Pierce potatoes with a fork; bake at 400° for 1 hour or until tender. Cool. Peel potatoes; coarsely mash.
3. In a large pot or Dutch oven, melt the butter over medium heat. Add the onions and garlic and sauté until soft, about 8 minutes.
4. Lightly spoon flour into dry measuring cups; level with a knife. Place flour into the vegetables; gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick and bubbly (about 8 minutes).
5. Add mashed potatoes, 3/4 cup cheese, salt, and 1/2 tsp. pepper, stirring until cheese melts. Remove from heat.
6. Stir in sour cream and 1/2 cup onions. Cook over low heat 10 minutes or until thoroughly heated (do not boil).
7. Ladle 1-1/2 cups soup into each of 8 bowls. Sprinkle each serving with 1 1/2 tsp. cheese, 1-1/2 teaspoons onions, a spoon of sour cream and about 1 tbsp. bacon. Garnish with cracked pepper, if desired. Serves 8

#### **Calendar Winners for July:**

\$100 Scott Jones

\$50 John Gjertsen c/o Nub's Pub, Kari Lehmann, Emily Ricci, Trapp Family, Doris Anderson, Mindy Hesselberg, Joanne Olson, Barb Buswell, Bonnie Borck,

\$20 Ron Johnson, John McDonough, Angie Douglas, Zane Van Cleave, Richard Perry, Steph Sprehn, Ellen and Mark Thorn, Mark Hartley, Kevin Fitzgerald, Lisa Gerke, Howard Laurence, Sandy Hilton, Debbie Bell, Andy Lensealink, Bridget Young