

WSHA NEWS



WEST SALEM HOCKEY ASSOCIATION WWW.WESTSALEMHOCKEY.COM

October '08

Board of Directors Meeting Notice

Monday, October 13, 2008
West Salem American Legion
6:00 pm

General Membership Meeting Notice

Monday, October 13, 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

Old Business:
Coaching Committee
Registration
Plaque

New Business:
Amendments to Policy
Oktoberfest Races
Learn to Skate Program
Open Board Position

Just a friendly hello

October is here! What a month of beauty. The air forms a crispness that makes everything seem so fresh. The trees form colors that make the nature around us seem so brilliantly un-bias to change. Un-bias to change makes me think of a world full of inspiration. What is inspiration? If you were to look up the book definition for inspiration it would say, "Stimulation of the mind or emotions to a high level



of feeling or activity." I think we all have our own outlook on what inspires us.

Do you think inspiration can free our minds and bodies of some of the emotions we keep bottled inside? Inspiration can have great power over us. When I think of inspiration I think of personnel reflection. Inspiration is how you view things; it's what might separate one person from unpleasant thought from another with admiration thought.

When I see a child fighting Leukemia but at the same time smiling at his mother that inspires me; in turn when I see the mother holding the child's hand and smiling back full of spirit and hope that inspires me too.

When I see a paraplegic trying to get around as best can do, I feel such admiration and inspiration for the courage to not give up.

How about the child who struggles with reading or math; despite the frustration practices anyway with the reward of one day accomplishment; that is inspirational to me as well.

If you can look at situations in life and put a spin to the perception of the problem, you can reach that high level of stimulation that your brain craves.

How many people have you met in your life that has inspired you?

How many people do you know right now that you can actually say "wow that person truly inspires me to do better and be better?"

Hopefully everyone has someone they can look up to inspirationally. That is such a powerful drive to get out of bed in the morning and work hard to succeed.

Take a look at your life, at the footsteps you walk day by day. If you can look at yourself in the mirror and smile back, I bet someone looking at your reflection can do the same. Just a simple smile to you, may be inspirational to someone else.

Sincerely,
Kelly Cottrell

Much Appreciation

The West Salem Hockey Association would like to extend their thanks and appreciation for recent hockey donations.

Jeanne Meyer made a cash donation in honor of her nephew, Tyler & Coulee Region Mopars made a cash donation as well.

We thank both for their support to the WSHA.

I would also like to extend a prayer out to the Meyer family; "for the loss of a child is never forgotten and never far away from tears. Our prayers go out to everyone concerned in hope that Tyler is waiting for each and every one of you at Heaven's door."

Thank you once again.

Upcoming Events

- ✚ October 1st-4th- Oktoberfest Races
- ✚ October 11th-12th- Practice for try-outs
- ✚ October 15- Start of Rink-Set-Up
- ✚ October 18th&19th- 2008-2009 Try-outs
- ✚ October 25th- Bowling Fundraiser
- ✚ November 1st- Team Photos
- ✚ December 5th-7th- Squirt Tournament

Headline - Rink Raising and Celebration

Hello fellow hockey families. The time has come again this year to create a platform for our hockey youth to skate. Ok, its rink set up time.

This year we are going to start this project on **October 11th**. It will be done a bit differently because we are having a smaller crew come to the rink in the early am and then have the rest of the larger work force come at 10 or 11 to start assembly. This does not mean you cannot come early if this fits your schedule better.

This should allow us to have most things set in place and be ready to go right to work.

We hope this will also relieve some pressure for those who have practice in the morning. This will give you time to take you skaters to LaCrescent and still be able to participate in the raising of the rink and the CELEBRATION.

It also allows us to have a **Celebration of WSHA** at the end of set-up. Mid-late afternoon we will be having a potluck, music, libations and games for the kids and prizes. Not to mention a gear swap meet with gear available. This is a family event so bring the kids. Brats-Burgers- Beer- Soda- and with some

help, the famous WSHA Salmon. Music with be supplied by DJ Jazzy Puck Master and Friends.

All families, grandparents, friends and anyone interested in hockey are invited to attend. If you are not able to help with set up that is fine. Come for the Gathering. (No work hours for the party though). The board looks forward to seeing as many folks there as possible.

If you can bring a dish please call Mitch Langreck at 608-386-6763 or email the information to mlangreck@centurytel.net.

Thank you for helping build healthier, stronger and more balanced kids though HOCKEY.

Mitch Langreck, WSHA Board member. The bald one.

Open Board Position

Currently we had a Board Directors position become available. The Board of Directors would like to thank Jenny Greiner for her work on the Board as she has stepped down for personal reasons. After careful consideration we have brought Marv Lehmann back onto the Board after his 7 month retirement. Marv Lehmann was the League representative the last couple of years and has sat on the Board for many years before that. He has filled the president position and other positions. Marv has also coached within our association for many years as well. Marv is a great asset and the Board of Directors recognizes that and decided if we needed someone to step in and fill a 6 month term he would be an amazing man to have back on the team. The team of Board of Directors thrives to do the best and make the best decisions on behalf of all the WSHA kids. If you have any questions pertaining to this matter please don't hesitate to contact the President of WSHA Joe Belling @ 786-0637

Past Events

Jersey Day

Jersey Day went very well this year. What great participation from the hockey kids. The kids were very well informed and knew right where to go in the morning! It was nice seeing kids with such hockey spirit. We did decide to not hand out jerseys at the Middle School, and focus primarily on the Elementary school; just in case there were any middle school students wondering.

Thanks to the children of West Salem Hockey for helping make this day run smoothly and organized.

Brat Barn

We participated in our last brat sale at Wal Mart of the year in Mid-September.

We didn't lose anything but more or less broke even. Unfortunately the weather was gloomy and it rained all day.

The Board of Directors would like to thank all the individuals for helping out that day, and the individuals as well who donated a baked good. Even when fundraisers don't turn out successfully the effort that is put forth is still recognized and appreciated.

2008-2009 Registration

We will be giving the people who haven't registered one more opportunity. We did have about 80% participation with the prior two days.

At 6:00pm on October 15th, we will be doing something a little bit different. It will give you the opportunity like registration to sign your children up at that point.

This night will be set aside for a night of what we will call, "**Fact or Myth Night**"; of course one of our goals as an association is to bring in more children. Keep the WSHA name alive! A few of the board members and if any of you would like to help participate will meet at the Lion's shelter and parents will be able to freely ask questions on topics that may be of a concern. An example would be something like, "I've heard hockey is a very dangerous, aggressive sport, is that true?" Or "I've heard hockey costs as much as a down payment on a house." We can give them real responses. Inform them about the uniform of pads, keeping our children safe. We can let them know hockey is affordable. The only kids with a \$200.00 stick are the people who can afford a \$200.00 stick; the majority doesn't fit in that price range!

These are examples of myths, but if someone asks us if our kids and the parents of the association have fun, we'll have to tell them that is a fact!

We need to prepare and start putting together this night which will take place in two weeks. If you know or would like to be a part of advertising and getting the word out for this day, please contact a board member. Let's come together in bringing in some new families this year. Tell the people in our community that if they question the sport of hockey to join us at "Fact or Myth Night". I think they will be a little surprised on what is fact and what is myth!

The Board of Directors would also like to thank Kris Cvikota for the ongoing time she puts in as Registrar. This details a large commitment of time and is very much appreciated and well organized. The online forms this year really helped out and saved time during registration. Thanks to the individuals who came and helped out as well.

*Note: Try-out practices and try-outs are right around the corner. If you haven't paid your registration fees or other expenses you do need to do so before your child can participate in the actual try-out event.

Please contact Kris Cvikota @ 786-3489 or kris@webteam.net

Upcoming Events**Oktoberfest Races**

The Oktoberfest Races have come and gone. This is an important fundraiser that helps out tremendously in the check book of the association. We need every penny we can earn, if we want to succeed financially being such a small non-profit association.

The numbers are not in yet but great thanks goes out to a couple people who put more than just time into this event. Mike Gorniak started work on this the first half of the week. He spent two days in a row there for 16 hours, driving around making sure things stayed organized and campers were happy. This job is huge; especially with the lack of help this year. We honestly couldn't have done it without him. He is a great example of commitment, leadership and heart in our association. These qualities we couldn't survive without. J.C. Ledoux stepped up and took over for Mike Friday evening, because of prior obligations on Mike's part. Once again J.C. in turn spent his Friday and Saturday making sure things stayed organized and camper's needs were met. He as well deserves huge thanks. We can't succeed without the help and support of parents like these two men. They show us that participation can only benefit our children now and the years to come.

The Board of Directors would also like to thank the few people who did help out. Your help is greatly appreciated!

Once again we would also like to thank the management of La Crosse Fairgrounds Speedway for the opportunity to help out and participate in this great fundraiser!

***Just one more note, two of our very own hockey dads transformed into hip hop D.J.'S Thursday night. The scheduled D.J. for the La Crosse speedway cancelled at the last minute and Mike Gorniak and Joe Belling jumped in and took over. They were given new hip hop names. Joe Belling can now be referred to as "DJ Puck", and Mike Gorniak can now be referred to as "Master Stick"! Yes, you guys ROCK!!

2008-2009 Try-outs

Try-outs for the up-coming season are only a couple weeks away.

Make sure you put the dates on your calendar.

October 18th and 19th will be the official try-out dates and the 11th and 12th will be try-out practices.

Kids are encouraged to come to the practice dates so they can get their feet wet before the actual try-outs.

Once again please keep in mind the reasoning behind try-outs. They are essential for the long-term growth of each individual skater. The children are being placed accordingly where they need to be for their own personal development. Please try and make it a point to talk to your children before try-outs and explain this to them. It really can help ease the pressure off of the children knowing as long as they try their hardest they shall succeed in every team they participate in.

***Please note that the times on 10/18 have had a minor change to them.**

The dates and times have been set for:

Sat. 10/11 (Practice)

PW 8:45-9:45am

Mite 11:45am-12:30pm

SQ 12:30-1:15pm

Sun 10/12 (Practice)

Mite 10-11am

SQ 11-12am

PW 12:15-1:15pm

Sat. 10/18 (Tryout Drills)

Mite 12:15-1:15pm

SQ 3:00-4pm

PW 1:15-2:45pm

Sun. 10/19 (Tryout Scrimmage)

SQ 12-1 pm

PW 1:15-2:15pm

***A reminder as well to all parents during try-outs.**

No parents are allowed outside the warming room during the try-out process. What seems harmless to us as parents is added on pressure to the children. We have a full season ahead of us to watch the children skate, so please let them have this time on the ice, to give their best effort and attempts.

Bowling Fundraiser

Our participation in this event is new this year. We will be tag-teaming and helping out along the side of the High School Viper Hockey Team, in making this event a huge success.

This adult event takes place October 25th which falls on a Saturday. This is a 9 pin tap tournament. The

times are set for 12:00pm and 2:30 pm shifts. Each group will be 5 person handicap teams. The entry fee is \$75.00 per team.

This will be great fun and all proceeds benefit West Salem Youth Hockey along with Viper High School Hockey. Let's not just try and make this event a successful fundraiser, "Let's Just Do It"!

If you are interested in signing up before the slots are filled please contact Gerry Betz @ 792-2048 or call Features @786-9000.

Also if you would like to help out in any way with this event please contact Gerry Betz as well.

Team Photos

Team pictures this year are being held on November 1st starting with the termites at 8:00 am and the rest following in age order. You will need to plan accordingly to make sure you have enough time to meet with Peggy Langrek whom will be handing out the jerseys in the warming area. The Board does realize the issues we encountered last year with the pictures and have tried really hard this year in picking out a professional who will provide us quality pictures in a timely manner.

The Frozen Tundra Wild Squirt Tournament

Now that October has arrived, we do need to start thinking about the Squirt tournament that takes place in December. This year it will be held during the first weekend of the month, which falls on December 5th-7th.

Last year we earned around \$3,000.00. 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. 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 who 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.

We need to brainstorm together on how we can make this weekend a success not only for now but for the future generation of kids who will play for West Salem Youth Hockey.

Always remember our actions now affect the name we present for the future.

More details will be added to the November Newsletter.

The Board of Directors would like to thank Kevin Bigley ahead of time, for volunteering to coordinate this great event. If you have any questions please contact Kevin @ 786-2723

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.

The Board of Directors would like to thank Mitch Langrek, for taking the time in putting this event together. The next newsletter should have a little more detailed information on this upcoming event.

Coaches Committee

The coaches committee is still looking for a Mite 2 head coach and a Peewee 2 head coach. Coaches are very valuable and sometimes taken for granted.

West Salem Youth Hockey has been blessed in the last few years with such a great group of coaches. Our children would not succeed without the help of the amazing coaches we have on board.

If you can think of anyone who would possibly consider taking on one of these two coaching positions please bring it to the coaching committee's attention. Our kids depend on the developmental skills taught to them throughout the year.

If you can assist in this matter please contact President/coaching committee recruit Joe Belling @ 786-0637.

Open Positions for the Upcoming Season

We 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 currently looking for a Neshonoc Dayz Coordinator. Please contact President Joe Belling if you are interested in taking on this fundraiser @ 786-0637.

The WSHA Swap Shop

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

This is a cool site – you may be surprised what you find! If you haven't already, please check it out @ www.westsalemhockey.com

Something to Think About

I thought about this for a moment one day. My question is what is the hardest part of an association? After thinking about it for a minute I decided my opinion was, the hardest part of an association is becoming part of the association.

It is really easy to get lost in your own life let alone become part of something that asks for even more of your time.

Sometimes I think we all have those days when you wouldn't mind just doing that, "getting lost in your own life".

I can remember my first year, four years ago. I did just that. I was so consumed with my own life that I barely could even remember a parent's name on my hockey team. Being a sideline hockey mom, hockey seemed over whelming and more of an inconvenience. Work hours, my goodness I can hardly keep up with the work around my own house, I would think to myself.

It wasn't until my son's second year, after watching the enthusiasm he had for hockey that I became so involved myself.

Now the work hours don't seem like work, they seem like social hour in a way. It is a time to get out of the house and enjoy the company of other adults who have become apart of something greater than the consumption of one's own life; our kid's lives and their interests.

My point is it seems overwhelming for some to step up and become involved but once you do, it is more of an enjoyment than a burden.

Take the step this year. Become a part of the association. Start to walk away from the sidelines and into your kid's hearts!

Recipe for the month



Cemetery Dirt Cake

I have made this dessert in the past during Halloween and it truly is picture quality. It is such a creamy, crunchy dessert; you'll be sure to scare the ghosts away from the pan and bring smiles to your children's faces!

Ingredients:

- 3 ½ cups cold milk
- 2 packages (4-serving size) Jell-O Chocolate flavor instant pudding and pie filling
- 1 tub (12 ounces) cool whip whipped topping, thawed
- 1 package (16 ounces) chocolate sandwich cookies, crushed

Decorations: assorted rectangular-shaped sandwich cookies, decorator icings, candy corn, pumpkins and gummy worms.

Pour milk into large bowl. Add pudding mixes. Beat with wire whisk or electric mixer on lowest speed 2 minutes or until blended. Gently stir in whipped topping and ½ of the crushed cookies. Spoon the mixture into a 13x9-inch dish. Sprinkle with remaining crushed cookies.

Refrigerate one hour or until ready to serve. Decorate rectangular-shaped sandwich cookies with icings to make “tombstones”. Stand tombstones on top of dessert with candies to resemble a graveyard.

Prep: 15 minutes
Refrigerating Time: 1 hour

Calendar Winners for September:

\$100 Carla Dvorak

\$50 Rich Miller, Karen Hammes, Curt Cvikota, Angela Kotten, Terry and Jenny Greiner, Faith Holt, Rich Berghefer, Virginia Duffy, Amanda Miller

\$20 Jill Linder, Linda Rufer, Roger Krause, Brett Welch, Teresa Schnitzler, Riley Stewart, Callie Stanhope, Tim Hanson, Amanda Bartschenfeld, Sean Miller, Judy Morzinski, Margot Harris, Amy Moquin, Colleen and Doug Miller