

# WSHA NEWS



WEST SALEM HOCKEY ASSOCIATION  
WWW.WESTSALEMHOCKEY.COM

September '08

## Board of Directors Meeting Notice

Tuesday, September 09, 2008  
West Salem American Legion  
6:00 pm

## General Membership Meeting Notice

Tuesday, September 09, 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:	OPEN	OPEN

### Meeting Agenda

Secretary's Report  
Treasurer's Report  
League Report

Old Business:  
Coaches Committee  
Registration  
Plaque  
Amendments to Policy  
Oktoberfest Race Campground

New Business:  
Community Awareness  
Bowling  
Squirt Tournament  
Pond Hockey  
Revised Tryout Procedure

**In case you didn't notice, please take note:  
The general membership meeting for  
September has been switched from  
Monday the 8th to Tuesday the 9th. Due to  
the Monday night Packer vs. Viking football  
game!  
Go Packers!**

## Just a friendly hello!



Hello everyone.

Here we are getting ready to send the kids back to school.

We are forced to fight the crowds of people as we are picking out back packs and tennis shoes. At the same time running around trying to find the yellow folder on your list because the last two stores were sold out.

It's hard to spit out the words, "summer has come to an end."

Do you ever feel like once summer is over you need a vacation from summer? I know it doesn't seem right but, that is kind of how it works. We take vacations to relax from our busy lives and then we need a week to recuperate from the vacation. Life is strange isn't it?

Some days it feels like a volcano could erupt in your back yard and you wouldn't even notice.

How do we get it all done? If you ever find yourself saying that, go ahead and shut your eyes. Think of something that reminds you of peacefulness and relaxation. I will say for myself, one of the most peaceful spots to me is looking out into an ocean. An ocean is full of miles and miles of rippling waves that are so quiet they wouldn't wake a baby, but with such beautiful journey deep inside.

If I shut my eyes long enough I can almost smell the warm smell of the salty ocean on a windy day.

Once you have melted into your relaxation point, go ahead and open your eyes. Then take a closer look at the mile long to-do list.

Realize that a to-do list is better than the boredom of having nothing to do at all.

Just remember to take a little time out for yourself. A little more time out for the one you love and a lot of time out for your children. If you can do that everything you work hard for pays off. If you over work yourself but lose your connections with the

ones around you whom you love, is all the work worth it? Loneliness can swallow you whole, but the richness of friends and family can full-fill you inside. Sometimes all you need to do when you're having a long day, is look at life in another perspective; so go ahead and find your melting point. Find what brings you to that relaxation point in your thoughts. I think we can all use it once in a while. Remember even a rock breaks in time, and as long as you can find a little relaxation everything else usually works itself out!

Sincerely,  
Kelly Cottrell

### **Upcoming Events**

- September 12<sup>th</sup> Jersey Day
- September 16<sup>th</sup> Brat Barn
- September 17<sup>th</sup> Jersey Day
- September 13<sup>th</sup> WSHA Registration
- September 17<sup>th</sup> WSHA Registration
- October 1<sup>st</sup>-4<sup>th</sup>- Oktoberfest Races
- October 11<sup>th</sup> & 12<sup>th</sup> Practice weekend before Try-outs
- October 18<sup>th</sup> & 19<sup>th</sup>- 2008-2009 Try-outs

### **A Word From The President**

Greetings fellow hockey people! A new season is quickly approaching and many folks are busy preparing to make this another successful year.

At our last Board of Directors (BOD) meeting, there was extensive discussion on how to handle registration fees for the upcoming year. As you likely know, WSHA has always prided itself on having the lowest rates in our league, and some of the lowest in the state. As we have improved our facility and equipment over the years, we've been able to get by with small increases in fees. These small increases are subsidized by a few major fundraisers throughout the year. Outside of the Calendar Raffle, we've never made any of these fundraisers mandatory.

However, this year we face increased costs for power as well as continued debt to pay on our loans. Over the last several years, there has been a less than stellar participation in the Neshonoc Daze raffle – a significant amount of raffle tickets are either never picked up or never turned in. The money we earn in that raffle is considered in each year's budget, and it was deemed critical by the BOD that this major fundraiser is successful.

Therefore, the BOD discussed two options: 1) Drop Neshonoc Dayz and raise registration fees by \$50 across the levels to cover the lost money, or 2) make the Neshonoc Dayz raffle an official WSHA function and mandatory fundraiser.

The BOD chose option 2. The reason is simple – it keeps our registration fees low and allows each family to raise the money elsewhere rather than having to pull it from their own pocketbook. If a family doesn't want to sell tickets, they have the option to simply purchase the tickets themselves, and they still have a chance at winning a great prize.

The execution and participation for this fundraiser will be handled similar to the Calendar Raffle. Each family will write a post-dated check to cover their portion of raffle tickets. This check will be in the amount of \$50 and will be post-dated to May 30, 2009. Raffle tickets will be handed out at the Youth Banquet as has been done in the past. The Board understands that it is a hassle having to write these post dated checks, but we feel it is a necessary evil to ensure the viability of the association.

There is one additional change to note that again the BOD felt necessary to implement. In the past several years, there have been some outgoing Bantam families who neglected to fulfill their work hour's commitment. Therefore going forward all Bantam age families will be required to write a post dated check to cover their work hours. These checks will be returned once work hours are fulfilled by that particular family.

It is important to emphasize that these decisions are not made lightly. Each member of the association agrees to certain commitments at registration. These updates to our policies simply serve to ensure these commitments are upheld and all members are treated equally. If you have questions or concerns regarding these changes, Board members will be available to discuss them at registration.

Your's in hockey,  
Joe Belling  
President - WSHA

### **Past Events**

#### **Festival Foods Brat Barn**

What a great fundraiser the Festival Foods Brat Barn was this summer.

When we first did this fundraiser in July we earned over \$500.00. The second time we did it was in August and we were able to earn \$583.00.

We earned over a thousand dollars in a very short time period. The amount may seem minimal to some people, but it really is a big deal when it comes time to pay bills and debts occurred. We simply can't pay the things off we have acquired over the years unless we do these things.

The Board of Directors would like to thank Joan Pierce for not only putting together this great fundraiser, but putting in many hours at the Brat barn as well.

We are all busy, but the ones who take out a few hours of their busy schedules are the people who are keeping West Salem Hockey alive.

Thank you as well to all who participated in these two events!

We have set a side one more day coming up, on Sept. 13 at Wal-Mart. If you are available to help out during this day it would be greatly appreciated. Please contact Joan Pierce @788-3611 or Kelly Cottrell @ 786-1618.

### **Bangor Fun Days**

I don't think we could have asked for a more beautiful day than the day of Bangor Fun Days.

The sky was completely blue as the West Salem Hockey players followed behind the Ice Resurfacer. It was a great turn out. Many children of the WSHA participated in this event.

The Board of Directors would not only like to thank all the children who walked through the parade, and represented the association, but the parents for bringing their children and those who walked through as well.

The Board of directors would also like to take the time out to thank Julie Wall-Young and Kelly Cottrell for putting our part in the parade together. Other thanks go to Chase Miller for taking the time out of his day and driving the Ice resurfacer.

Thank you again to all who participated!

### **The Annual Golf Outing**

The golf outing this year was also a lovely beautiful day. There is so much hard work that goes into this event, that when it is over the committee can breathe a fresh sigh of relief knowing that all their hard work definitely paid off. There are many events put on throughout the year. Some make a little profit and some make more, but all are great!

**This year the golf outing alone made just under \$8,000.00.**

It is amazing that with over one hundred families in the association we could be short help, but we could

use a little more help in the years to come in these events.

The day went smoothly and worked itself out, but we could use a few more families to help out in these big events. The kind of money being earned is not a walk in the park, but it could be if a few more families stepped up to the plate next year, and gave a helping hand.

Next year we will be looking for a couple more people to join the committee as well, so please keep it in mind.

The Board of Directors would like to thank the golf outing committee (Kelly Sandvig, Jeanna Jones, Chase Miller, Mike Gorniak, Darcy Clardy, Marc Donahue, Jeanne Meyer and Kelly Cottrell) for all their hard work that was put forth to make this day happen.

A thank you as well, to all the members who helped out during this event, along with everyone who golfed or found hole sponsors or donated prizes.

We also don't want to leave the man out who is responsible for grilling all the brats, hot dogs and chicken. That man was Dan Lensenink. Though he hasn't had children in the association in a couple years, he remains still in many hearts for the time he gives to our children! It is people like him who not only inspire our children but the parents as well. Thank You again to everyone involved.

### **Candle Sales**

Our candle sales this summer did make us some money, but we had very little participation. We had a total of 11 people selling candles. We collected \$4032 in total sales, with a profit of \$1371!. If you think about it that is a lot of money for the number of people involved. It just shows us that as a whole if we worked together we could go as high as the sky allows. The candles we sell are really an easy fundraiser. The scents are wonderful and potent. You will miss them once your candles are on their last flicker. Next time we are selling them, think about grabbing a form. You'll do great!

The Board of Directors would like to thank Roxanne Grosskopf for her continuous ambition on making this fundraiser happen! Thanks as well to all who participated in the event. Every cent really does make a difference.

During registration this year there will be Fall candle packets to pick up for those people who didn't participate in the summer selling; so please pick up a packet and sell some candles!

One item of note with the candles – due to it being the end of one candle season and the start of another, there will be a short delay in receiving the

candle orders. Roxanne hopes to have them very soon and will keep you advised!

### Up-Coming Events

#### **Jersey Day**

We are looking for a volunteer to organize "Jersey Day". This event takes little time and preparation, but holds great importance as well. The duties of the Jersey Day coordinator include talking with and making sure it is all right with the Bangor and West Salem Elementary Schools, handing out jerseys to the hockey players and collecting them as well. Jersey Day takes place before the 2008-2009 registration. Since registration takes place on a Saturday and a Wednesday we will hold Jersey Day on the Friday before Saturday's registration and Wednesday before that evening.

The goal of this event is to have the children of Bangor and West Salem seeing the hockey players throughout the day in their jerseys; in hopes of raising excitement and curiosity within these children.

Every child we bring into the association makes a great difference in the continuous growth of the WSHA.

If you are interested in volunteering in this event please contact any one of the board members. Thanks for your interest.

#### **Oktoberfest Races**

It is amazingly hard to believe but it is 100 % true. The Oktoberfest races are already right around the corner. For those who are not already aware, the West Salem Hockey Association helps with the coordination of the campground. It is a fundraiser that takes little effort if enough people volunteer. The shifts are 3-4 hours.

Daytime volunteers are always needed.

Please consider helping out during this event.

Mike Gorniak is the head coordinator in this event once again. Last year we earned \$3,588.50 and the year before that we earned over \$2,500.00. If you can help fill a spot please let him know so he can begin to prepare for this four day event. There will be a form sitting out during registration.

Your children are more than welcome to come along and join you as well.

This will be one of the last events of the year where sitting outside and helping to get some of your work hours in will not require a thick and warm set of clothing.

Take advantage of these great ways offered to us all in putting in your hours. There is only limited space available if you have any questions please call Mike @ 769-4158.

It is also important to give thanks to the management of La Crosse Fairgrounds Speedway for the opportunity to help out and participate in this great fundraiser!

#### **WSHA Registration**

The dates have been set for the 2008-2009 hockey registration. September 13<sup>th</sup> at the West Salem elementary school from 8:00am-12:00pm in the multipurpose room; and September 17<sup>th</sup> at the Lions Shelter from 5:00pm-8:00pm.

Please put these two dates on your calendar and plan on being at one of the days.

Please note as well our fees have increased by \$10.00 this year. \$5.00 will be going to USA hockey and the other \$5.00 is for our expenses that also increase every year.

Watch your Park and Rec. flyer for more information.

Anyone wishing to get their registration packet before registration please call or email registrar Kris Cvikota at 786-3489 or [kris@webteam.net](mailto:kris@webteam.net). Any registration questions please feel free to call West Salem Hockey President – Joe Belling at 786-0637 or Registrar Kris Cvikota at 786-3489.

Pass the word and help our association grow!

#### **2008-2009 Try-Outs**

This year's 2008-2009 try-outs will be held on October eighteenth and nineteenth. Try-outs will be held again in LaCrescent this year.

Try-outs can raise questions and concern to some parents. Please remember tryouts are not about which players are better than others. Try-outs are essential to the long-term growth of each individual skater. They allow the player to be placed on the team that they need to be developmentally, and play with skaters that are at the same development level. Please stress to your children that as long as they give their best effort they will have fun and further another year into hockey. No matter the outcome on an A or B team, each team and players are all playing the game of hockey; a game we all love. So let's have fun!

Just a reminder that the weekend before try-outs is designated for practice, so each skater has the opportunity to get on the ice before participating in try-outs.

**Coaches Committee**

We are still looking for 1-2 people to join the coaches 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.

Our children thrive on what they are taught. Without a good committed coach our children will not learn and in turn will possibly not succeed.

We need to show the children of West Salem Hockey that we care. If we want the West Salem Hockey Association name to live on, we need to look at the teams around us and not just the one within us.

We have some great Hockey coaches, but we need a few more that share the passion for hockey. If you are interested in participating in this, please contact President Joe Belling at 786-0637.

**Neshonoc Dayz Coordinator**

We are still looking for a Neshonoc Dayz coordinator.

You can get further details if you contact President Joe Belling. Remember - you don't have to do this yourself, anyone can "tag-team" this job. Please consider helping out if you can.

This open position available can be a great way to put in your work hours, as well help earn money for the association.

**Rink Manager**

The last couple newsletters we have been advertising as looking for a rink manager. Someone who would be in charge of such things as maintenance, changing blades, changing light bulbs Etc...

We have found one person willing to step up to the plate, but would still like one more person to help tag-team him and share the responsibilities.

The Board of Directors would like to thank Mark Weilandt ahead of time for volunteering for this position.

**New Uniform Manager**

The WSHA now has a new uniform manager. This job is important and is necessary for the organization of our association.

The Board of Directors would like to thank Peggy Langrek for jumping in and volunteering to take on the responsibilities of the uniform manager.

If you have any questions about jersey's or anything else that pertains to the "hockey uniform", feel free to contact Peggy @ 786-1030.

**The Swap Shop**

Has anyone been shopping at the swap shop yet? Hockey has been put on hold for some people during the summer months. Now is a perfect time to check out the swap shop as the season grows nearer.

If you're not aware the swap shop is new to the association this year. You will find it on the website. You can find used items that will either save you a ton of money or with no charge at all. You are able to put your own items that you would like to get rid of as well at the swap shop.

Here are some of the current items listed at the swap shop:

- Junior medium Easton chest protector,
- 10" Easton shin guards
- junior s Easton elbow pads,
- assorted practice jerseys
- Eagle Odessey 31" Goalie pads very good shape red-black-white
- 2- pairs of goalie skates Bauer Reactor 5000 size 4.5 goalie and Bauer Reactor 1000 size 3.5 goalie size,
- Intermediate-Flex 65-lefty- Vapor XXXX hockey stick

These are just a few items listed.

For more information on the items listed above, visit the swap shop at [www.westsalemhockey.com](http://www.westsalemhockey.com)

**Something to Think About**

Throughout the summer I have run into many people in one way or another, some of whom I would have never met if it wasn't for my children's passion in hockey. Ironically their passion turned into mine.

There are many things in life I would like to be doing some days instead of focusing a huge portion of it to hockey, but that thought simply suggests to me that the involvement I have with the hockey association is one that is a great source of involvement with my children. Once my children are grown-up I can do the things I would do now, and miss the things I had then; strongly including the involvement with this hockey association and my children at their fundamental years of life.

In other words enjoy what you have now. Make the best of the lives we live right now.

Really consider taking on events where people are needed, think about getting your coaches license, and working with the Hockey players of West

Salem. There is so much each and every one of us could do.

I think what great opportunity it is to be so involved with something our kids feel so strong about. I believe for the most part the more you involve yourself around your children the closer you will grow together instead of apart.

Become apart of the West Salem Hockey Association Team. Help out in an area that is of concern. If we don't make a little time now, the time you could have had will be gone. Become more than just a bi-stander, become a member!

### **Recipe for the month**



### **Mascarpone Stuffed French toast with Peaches**

What a great breakfast this is to serve your family. What a wonderful way to tie breakfast and dessert into a delicious mouth watering meal. Invite a few friends for brunch and knock their socks off when you serve this sweet delight!

#### **INGREDIENTS:**

- 8 fresh peaches
- 1/2 cup sugar
- 4 pinches ground nutmeg
- 1/2 teaspoon ground cinnamon
- 4 Mexican bolillo rolls
- 1 cup mascarpone cheese
- 6 tablespoons confectioners' sugar
- 1 lemon, zested
- 6 eggs
- 3/4 cup milk

- 1/2 teaspoon vanilla extract
- 2 teaspoons butter, or as needed
- 2 teaspoons vegetable oil, or as needed

#### **DIRECTIONS:**

1. Peel peaches, remove pits, and slice into a heavy saucepan, catching all the juices. Stir in sugar, nutmeg, and cinnamon, and cook over medium heat until bubbly. Continue cooking, stirring occasionally, until the sauce reaches a syrupy consistency, about 10 minutes. Remove from heat.
2. Meanwhile, cut off and discard the ends of the bolillo rolls. Slice the rolls into 1 1/4-inch-thick slices. Lay each slice of bread on a board, and with a sharp knife held parallel to the board, cut a pocket into each slice, leaving three sides intact. Set aside.
3. Stir together the mascarpone, confectioners' sugar, and lemon zest until smooth. Scoop this mixture into a small plastic bag. Cut off one corner of the bag, and pipe as much filling into the pocket in each slice of bread as will fit without overflowing.
4. Whisk together the eggs, milk, and vanilla in a shallow bowl. Melt butter with oil over medium heat in a large nonstick skillet. Dip each stuffed piece of bread into the batter, add to the skillet, and cook until browned on both sides. Serve hot with the warm peach sauce.

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

\$100 Jeff Kolterman

\$50 Mike Gorniak, Marc Donahue, Peggy Baze, Ted Deery, Debra Pierce, Mike Turnipseed, Curt Cvikota, Ethan Gerke, Mary Bahr

\$20 Ann Donahue, John Hanley, Lola Hoyer, Allen Foss, Harry West, Julie Meyers, Angela Stefferud-Johnson, John & Mary Perry, David Bihm, Dave Loberg, Marv Lehmann, David Deery, Joe Belling