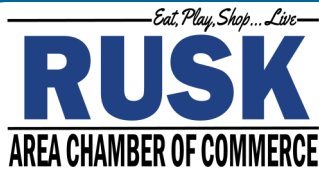


WHAT'S UP THIS WEEK!



2/6 - 2/12

The Rusk Area Chamber of Commerce is currently looking for organizations to host All Member Meetings, 5:05 Business After Hours events, and to fill the Visitor Center display case.

**If you are interested in any of these please email Andy at
manager@liveruskcounty.com**

WHAT'S UP THIS WEEK!



2/6 - 2/12



The Rusk Area Chamber of Commerce is hiring!

- EXECUTIVE DIRECTOR -

We are seeking a dynamic, organized, outgoing, community-minded Executive Director to lead our organization. Duties will include event planning, marketing, website development, social media management, office management, reporting, grant writing, Community Investor recruitment and retention, accounting, and more.

This is a full-time 40 hours a week job with varying hours including some weekend hours hosting community events. Salary dependent on experience and qualifications.

To apply for this position email a cover letter and resume to manager@liveruskcounty.com.

Deadline to apply is February 15th.

WHAT'S UP THIS WEEK!



2/6 - 2/12



Annual Rusk Area Spring Expo

Date: Saturday, March 30, 2024

Time: 9:00 am – 2:00 pm

NEW LOCATION: Ladysmith Middle and High School - 1700 Edgwood Ave. E., Ladysmith, Wisconsin 54848.

Cost: \$90.00/booth - This fee pays the expenses of the show and the free meal that is provided to vendors at the show.

Sponsors: Rusk Area Chamber of Commerce

We look forward to your support of the Annual Rusk Area Spring Expo. This show has grown to be one of the area's best opportunities to promote your business or organization in Rusk County! Each exhibitor will receive a follow-up email outlining further details of the show a week before the show. Booth sizes are approximately 10' x 10'. If you need access to electricity, please make a note on your registration slip as these spaces are limited. Booth placement will be determined by the Rusk Area Chamber of Commerce.

Please contact Andy Strom at manager@liveruskcounty.com if you have questions.

Please respond by February 28, 2024 to be listed in the promotional brochure.

I will attend the Rusk Area Spring Expo. Enclosed is a check for \$90.00 made payable to Rusk Area Chamber of Commerce.

Please print and fill out this form completely.

NAME OF BUSINESS: _____

CONTACT PERSON: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

EMAIL
(REQUIRED): _____

Mail payment and registration to:

Rusk Area Chamber of Commerce

205 W. 9th St. S., Ladysmith, WI 54848

**Email manager@liveruskcounty.com if you would like an electronic
invoice to pay online.**

Registration Deadline: March 15th, 2024 (Feb. 28 to be included in the promotional brochure)

WHAT'S UP THIS WEEK!



2/6 - 2/12

Friends of the Rusk County Library

Booktique

HOURS:

- **Tuesdays 10:30 AM to 1:30 PM •**
- **Thursdays 11:00 AM to 2:00 PM •**
- **Saturdays 10:30 AM to 12:30 PM •**

- Open when white signs are out. -

Rusk County Community Library

Lower Level

418 W. Corbett • Ladysmith

Friends of the Library Booktique is a non-profit used book store.

WHAT'S UP THIS WEEK!

Eat, Play, Shop... Live
RUSK
AREA CHAMBER OF COMMERCE

2/6 - 2/12

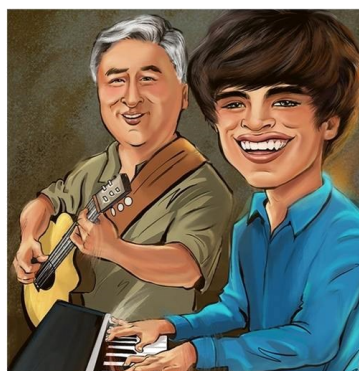


SATURDAY, FEBRUARY 10
HEART OF THE NORTH BREWING CO.
12-10 PM

FEATURING LIVE MUSIC BY:



BEN JOHNSON



SEAN & IAN OKAMOTO

FOOD, ALCOHOLIC & NON-ALCOHOLIC BEVERAGES, RAFFLES,
CORNHOLE TOURNAMENT & MORE!



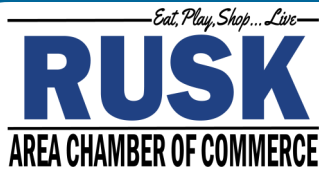
NORTHLAND
MARDI
GRAS



Northland Community Club



WHAT'S UP THIS WEEK!



2/6 - 2/12



Join us for Kid Zone
Sunday 9:45 am -11:45 am
at Ladysmith Christian Church
701 Menasha Ave. E. Ladysmith.
For kids age 3 years thru 5th grade!
Learning through, Bible stories,
videos, crafts and group fun!



WHAT'S UP THIS WEEK!

Eat, Play, Shop... Live
RUSK
AREA CHAMBER OF COMMERCE

2/6 - 2/12



LADYSMITH LIONS



**FUN ON THE
FROZEN FLAMBEAU
ICE FISHING
CONTEST**



**SUNDAY, FEBRUARY 18TH, 2024
10:00 AM - 2:00 PM**
HEADQUARTERS @ LEONARD LANE, TONY, WI

**OVER \$20,000
IN CASH & PRIZES**

TOP FISH PRIZE - \$1000
Prizes for first 50 fish caught.
Power Augers, Ice Shacks,
Fish locators, and MORE!



Food & Refreshments on the Ice

WHAT'S UP THIS WEEK!



2/6 - 2/12

FOR IMMEDIATE RELEASE

Contact: Christinna Swearingen

715-532-2604

swearingen@ladysmithpl.org

Rusk County Community Library Logo Contest

Ladysmith, WI – Rusk County Community Library would like to invite members of this and surrounding communities to participate in a logo contest that will take place from January 15th, 2024, through February 29th, 2024. Prize for the new logo will be \$500 in Chamber Bucks.

The artwork submitted should:

- Be creative and original
- Effectively capture the viewer's attention
- Clearly promote and accurately represent Rusk County Community Library, its mission and connection to the community
- Be reproducible, i.e. sharp, clean edges that are free of smudges and extraneous marks
- Does not utilize any images or text that violate copyright laws
- Submitted by a current and valid Rusk County Community Library cardholder

Artwork may be computer generated or hand drawn and submitted in either portrait or landscape orientation on 8.5" x 11" paper. Each contestant must neatly fill out the entry form and securely attach it to their original artwork. Entries can be dropped off at the Library during open hours: Monday-Friday 10am-6pm and Saturday 10am-1pm or emailed to swearingen@ladysmithpl.org. Digital submissions must have a properly filled out entry form to be considered a valid contest submission or will not otherwise be accepted.

Entries must be received by February 29th by 5:00pm. A winner will be chosen and announced at a future date.

For more information, please visit Rusk County Community Library Facebook page, contact the Library at 715-532-2604, email ladysmithpl@ladysmithpl.org or visit the library in-person at 418 Corbett Ave West in Ladysmith, WI.

WHAT'S UP THIS WEEK!



2/6 - 2/12



January 6th

9-12:30 pm

February 3rd

Rusk County Senior/Youth Center
(Fairgrounds)

March 2nd

April 6th

May 4th

Each month will feature a tasty fundraiser for our
summer market's Double Value Coupon Program



Check our Facebook page for more information,
including each month's vendors and educational
presentation. FoodShare/WI Quest accepted.

WHAT'S UP THIS WEEK!



2/6 - 2/12

The Aging and Disability Resource Center Presents

Parkinson's/Lewy Body Dementia Support

For those living with Parkinson's Disease and/or Lewy Body Dementia, their caregivers and families.

Nobody really expects they'll be living with a chronic brain disease, so getting that diagnosis can be pretty overwhelming. The Parkinson's/Lewy Body Dementia Support Group (PALS) connects you with others in the same situation and can help you understand what to expect, help you to live well now, and to plan for your future.

At PALS meetings, attendees will explore tools and techniques to help deal with and ease some of the frustrations patients and caregivers may experience with everyday challenges. Hints and tips will be shared at the monthly meetings.

Connecting with others on the same journey can open new doors to resources available, help you develop better coping skills, and provide a network for education, socialization and support.

PALS can also help you make lemonade out of the lemons that may fall along the way. Getting through a bad day is a little easier with PALS.



Parkinson's/Lewy Body Dementia Support Group (PALS)

**Monthly meetings on the second Tuesday
1:30 p.m. - 3:00 p.m.**

Meetings in 2024:

Jan. 9, Feb. 13, Mar. 12, Apr. 9, May 14,
Jun. 11, Jul. 9, Aug. 13, Sept. 10, Oct. 8,
Nov. 12, Dec. 10

Marshfield Medical
Center Conference Room
1200 Port Arthur Road
Ladysmith, WI

Registration is not required and there is no cost to attend. For more information contact: Trisha Witham at trisha.witham@co.barron.wi.us or 715-532-2176 or Mary Sue Timmerman at marysuetimmerman@yahoo.com



**Marshfield Clinic
Health System**



WHAT'S UP THIS WEEK!



2/6 - 2/12

The Aging and Disability Resource Center Presents

Positive Approach to Care

Skills Training for Dementia Family Caregivers



Positive
Approach
to Care®

Dementia caregivers need training, skills, and support to do the job with confidence. This is a one day, in-depth hands on practice of communication techniques and care habits to create better quality of life for all.

Saturday, April 13

9:00 a.m. - 2:00 p.m.

Barron County Govt. Center, Room 110

Barron, WI

Lunch included

Topics include:

- Learn how to communicate effectively with a person living with dementia.
- Learn how to handle difficult care situations.
- Practice managing personal care techniques
- Learn about the Positive Approach to Care Gem States and how it changes your communication styles.

No cost for family caregivers to attend! Call the ADRC for more information & to pre-register:

1-888-538-3031

Spaces are limited and will fill quickly! First preference given to Barron & Rusk County caregivers. Professional in-home respite may be available for the person you are caring for at no-cost.

The ADRC cannot endorse or recommend any organization, product, or service. This cover has been designed using assets from Freepik.com

Skills Training Day led by:



Stephanie "Teffie" Landmann

*OTA-C & PAC Certified
Independent Trainer*



Sheri Fairman – Advanced

Consultant & PAC Mentor



WHAT'S UP THIS WEEK!



2/6 - 2/12



STRESS & TRAUMA RECOVERY
CEUs/ 16 Contact Hours
Friday-Sat, June 28-29, 2024
Class time: 8-12, & 1-4 pm each day
Lunch on your own: 12-1.
Location:
Offering Hope Therapies
711 W 9TH ST N
Ladysmith, WI 54848
FEE
\$446 - First Time Attendance (early bird pricing)
\$268 - Repeat Attendance (early bird pricing)
Early bird pricing ends and prices
increase by 10% after **June 7, 2024**

WHAT BENEFITS WILL PARTICIPANTS RECEIVE?

- An understanding of the way neurosensory motor reflex integration processes affect trauma recovery.
- Learning reflex processes that will affect the release of negativity and fear.
- How to resolve trauma issues and allow them to achieve a higher state of focus and comprehension within their own lives.

WHO SHOULD TAKE THE TRAUMA RECOVERY CLASS?

- Persons who have experienced personal trauma and need day-to-day survival processes.
- Therapists and psychologists who want to understand the role of the reflex integrations as an important tool in assisting their clients.
- Professional personnel such as police, firefighters, and emergency workers, who can use the information on themselves and the people they serve.
- Parents and Caregivers.

TO REGISTER
www.masgutovamethod.com
Coordinator: Heidi Jo Sovacool
Email: help@offering-hope.com
Phone: 715-609-1310



Dr. Joan Spalding, Instructor
As an instructor and core specialist for the Masgutova Method, Dr. Spalding trains students of all ages to improve sensory-motor connections in the brain in order to release stress and trauma. She has completed a Ph.D. program from Colorado State University focusing on research in Psychology, Kinesiology, and Educational Leadership. Dr. Spalding works with many professionals at family conferences sponsored by the Masgutova Educational Institute internationally and in the United States.



Dr. Joan Spalding • joanlspalding@gmail.com • (720)-270-8082
www.masgutovamethod.com