



## **The Rack**

***The Official Newsletter of the St. Cloud Elks #2843***

**April 2009**

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Thursday the 2<sup>nd</sup> & 16<sup>th</sup>, 2009

**7:30 P.M.** at

The East side VFW #4847

### **April 2009 GER Message**

#### **New Exalted Rulers face leadership challenges**

**To All District Deputies, Exalted Rulers, Officers and Members:**



Congratulations to the new Officers of the Lodges for the 2009-2010 Lodge year. You each have accepted a responsible and challenging job for the next twelve months. The membership of your Lodge has expressed their confidence in your individual and collective abilities to lead, as well as their trust that under your leadership the integrity of your Lodge will be protected and that the Lodge will prosper and grow through the coming year.

Hopefully, by this time your goals are set, your plan of action formulated, responsibilities assigned and work is under way to ensure the success of your Lodge operation, the programs of our Order and involvement in your community.

The February ENF "Vital Signs" had a section about "Leading the Way," which stressed the "Leadership Challenge" as related to donating to the ENF by the leadership at all levels of our Order. And while all leaders at all levels should definitely be participants in our ENF, this "Leadership Challenge" and "Leading the Way" most certainly apply to all aspects of leadership and specifically as related to the responsibilities and duties of the Exalted Ruler and other Officers of the Lodge.

The "Leadership Challenge" in simple terms is making a commitment, understanding your responsibilities and then doing the job as best you can. You should be knowledgeable about our Order

and its operational requirements. You should understand the operational aspects of your Lodge, and you should have a good ability to work with people. Probably your biggest challenge is to fully understand the requirements and limits involved in the proper operation of your Lodge, as well as how your responsibilities will affect that operation to ultimately achieve a successful outcome.

If you are not sure about anything, ask for guidance. At all levels of our Order, from the Lodge to Grand Lodge, there are knowledgeable Elks ready and willing to give you proper guidance. Please don't hesitate to ask! There are no dumb questions, only dumb actions when you don't know what you are doing. And finally, always lead by example.

Best wishes to each Elk in a leadership position. The success of your Lodge, the success of our Order, and our ability to Grow Elkdom depends on your actions and how you fulfill your responsibilities.



**From our Exalted Ruler**



As we begin a new lodge year, I would like to thank James Michael for his work as ER and the individuals that have stepped up and filled the Officers' chairs. Also a thanks to Minneapolis 44's PER for installing our

officers.

We will be kicking off the year with a visit to Minneapolis 44 for Ron Christenson's retirement party on April 4th. For those of you who do not know Ron, Ron has been a big supporter of our lodge from the very beginning. Hopefully we can get a lot of members to go down. Contact me if you are interested as we are trying to get enough people to charter a bus.

Right now the lodge is also formulating plans for some activities at the VA Hospital. One way we can already help is a program called "Silver Spoons", this is where volunteers go help and visit the veterans during meal times.

Some of the other events we are discussing are Frisbee golf, volleyball, horse shoes, and an ice cream social later this summer. If anyone is interested you can email Jessica Zinken at [stcloudelksvavs@hotmail.com](mailto:stcloudelksvavs@hotmail.com) or phone 320-420-8826.

**2009-2010 Officers**

Exalted Ruler

Steven Zinken

Esteemed Leading Knight

Marcia LaVine

Esteemed Loyal Knight

Mark Eliason

Esteemed Lecturing Knight

Jessica Zinken

Inner Guard

Craig Pogatshnik

Trustees

James Michael 5<sup>th</sup> Year

Aaron Lundblad 4<sup>th</sup> Year

Dan Graven 3<sup>rd</sup> Year

Frank Presfield 2<sup>nd</sup> Year

Shirley Zager 1<sup>st</sup> Year

Secretary

Brad Slocum

Treasurer

Larry Nusbaum

Esquire

Rich McCarty

St. Cloud Elks #2843

PO Box 8

St. Cloud, MN 56302-0008

[www.stcloudelks.org](http://www.stcloudelks.org)

Then to finish off the month there be a fifth Thursday at Marcia Levine's home.  
I am excited to take over the reigns of ER and hopefully, with all your help and support we can make St. Cloud Lodge #2843 the best lodge in the State of Minnesota for 2009 -2010 lodge year.

Steven Zinken  
ER



**April 2009 Veterans Message  
Medal Honors Fallen Heroes  
By Amos McCallum, PGER**



The Medal of Valor program commenced in February 2007 and was promoted by your Elks National Veterans Service Commission. The purpose of the program is to give our Lodges the opportunity to honor individuals who served in our military and made the supreme sacrifice defending our country and freedoms. The Medal of Valor is to be presented to the deserving family of the fallen hero who gave up his or her life in the ongoing Iraqi and Afghanistan conflicts.

The medals are made in the United States and come with a presentation case. The front of the medal is engraved with "Operation Enduring Freedom" on top and "Operation Iraqi Freedom" on the bottom. The back of the medal is suitable for engraving the name of the deceased Veteran and also states "Presented by the Grand Lodge of the B.P.O. Elks to the family of (Name) in recognition of their supreme sacrifice." The cost is \$8.00 per medal, which includes shipping fees.

If you know of a family or families in your community who have lost a loved one in Iraq or Afghanistan, it would be a wonderful gesture to honor that person by presenting a Medal of Valor to the family. It could be presented at a function at your Lodge or at some other appropriate venue.

To order the Medal of Valor, contact the Elks National Veterans Service Commission at 2750 N. Lakeview Ave., Chicago, IL 60614-1889 or by e-mail to [vets@elks.org](mailto:vets@elks.org) and the medal will be promptly shipped to you.



**Thank you for doing what you can to honor our deceased Veterans!**



*Ask the Esquire aka Rich McCardy*

*Dear Esquire, Our daughter is at that age where she is starting to become a young woman. I believe its time for me to have that "talk" with her. It suddenly occurred to me that I've been having problems with this all my life as well so I was wondering if you knew how to put on panty hose without having the second leg twist? Can you help me?? Ms. J.L.*

*Dear J.L: Believe it or not there is a right way and a wrong way to put on pantyhose. Hopefully we can get your daughter started off on the right foot hosiery usage. There is a*

*right way to put on hosiery. She must take a few minutes to put them on properly, and follow these simple directions:*

*Remove all jewelry, and check fingernails and toenails for rough edges (this greatly reduces those maddening "they ran as soon as I put them on" mornings).*

*Roll each leg of the pantyhose down and place the toe of the garment over the foot. Gently smooth one leg all the way up, and then repeat on the other leg.*

*Pull the rest of the pantyhose up to the waist - but don't pull too tight! Smooth fabrics while checking for twists and sags.*

*Lastly, take off your hosiery just as carefully as you put them on.*

*Selecting hosiery that fits properly is one of the best ways to ensure maximum wear life. If your hosiery is too tight, it is more susceptible to wear and tear, and it minimizes your flexibility.*

*Most pantyhose have a chart on the back of the package that gives height and weight ranges for each size. You may have already discovered that a size A in one brand of pantyhose is not necessarily the same as a size A in another brand. That's because many brands use different yarns from different sources with different characteristics, and also may use different machinery and knit fabric constructions.*

*It's all right to stretch the truth about your weight when talking to a friend. But, you have to be honest with yourself when buying pantyhose in order to ensure the proper fit.*

*If you are at the upper end of a size range, it's often wise to get the next size for maximum fit and comfort. Larger or full-figured women should look for larger-sized products often called queen size, which are designed for them.*

*To stop a snag or run from getting any bigger use a clear nail polish on and around the area. Don't throw out those pantyhose - wearing hosiery under trousers is a tried and true form of visible panty line prevention. If your hosiery has a slight pull or hole, don't toss them out - keep them to wear under pants.*

*Good Luck... Rich*

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## **State Calendar of Events**

- |   |                       |                  |
|---|-----------------------|------------------|
| • State Officers Budget Meeting           | April 25, 2009        | Brainerd         |
| • Youth Camp Opening                      | May 8 - 10, 2009      | Youth Camp       |
| • Ladies Youth Camp Opening Weekend       | May 15 - 17, 2009     | Youth Camp       |
| • 2009 State Convention                   | June 26 - 27, 2009    | Eveleth          |
| • Grand Exalted Rulers Visit to Minnesota |                       |                  |
| • 2009 Grand Lodge Session                | July 5 - 9, 2009      | Portland, Oregon |
| • 2009 Mid-Year Conference                | October 16 - 17, 2009 | Faribault        |

## **Metro Dist. Calendar of Events**

- Spring Conference / District Deputy Clinic April 18, 2009 Dakota County



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*Vocabulary*

We as Elks, continuously strive to bring back civility and genteelism to a world that seems to have lost it. As such it was suggested by a member at a meeting recently that we try to bring some words that appear to be lost to history. The word for this month is: **Nepheligenous**. Please endeavor to use this word in everyday conversation with friends, relatives, clergy, Exalted Rulers, District Deputies, District Presidents, State Presidents and spouses.

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**See you all at the meeting! Sign up a new member. It's the only way we can guarantee that our lodge will survive. Membership is everyone's job!**

**How To Get  
New Members?  
ASK THEM!**

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