



The Rack

The Official Newsletter of the St. Cloud Elks #2843

May 2009

Thursday the 7th & 21st, 2009

7:30 P.M. at

The East side VFW #4847

May 2009 GER Message

Not too late to fine-tune goals for new Lodge year

A Message from the Grand Exalted Ruler Paul D. Helsel

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



Well, a month is gone in this new Lodge year. You should be well aware of what needs to be done. You've had time to observe how responsibilities are being accepted and performed, and you should know if things are moving in the right direction. Hopefully your Lodge is progressing as planned, and you and others are pitching in to help accomplish the goals set for the year.

If that's not the case, it is not too late to consider making adjustments that will yield more desirable results. And if you have doubts, now is the time to seek assistance. Don't wait until it is too late to get things done. Don't limp along with uncertain direction. Fix it now!

The Officers should be prepared to conduct their first dignified Initiation, and there should be candidates just waiting for that to happen. The Lapsation Committee should be contacting those on the delinquent list, letting them know how important they are to the Lodge and our Order. The recruitment and retention of Members need to remain a high priority in all Lodge.

The Grand Exalted Ruler's ENF goal is still \$4.50 per capita, but don't wait to work the program – get started now. Your Lodge should be at least \$0.50 per capita by now. If not, light a fire under your chairperson and individuals working this program! Get those donations in and submitted to

the Foundation as soon as possible and keep it going. ENF funds all our major programs right down to the Lodge level.

And don't forget our programs for the youth and veterans. May 1-7 is Youth Week for recognizing the accomplishments of our young people. Hopefully your Lodge is doing something in this area right now. If not, how about getting it started today? May 16th is Armed Services Day and May 25th is Memorial Day, both days for honoring military personnel. Armed Services Day is for those currently serving to protect our freedoms and Memorial Day for those who served and have passed on. These observances should be a part of every Lodge's effort to serve veterans and the active military. If your Lodge is not involved, get involved now!

Thank you for all your continued support of our great programs and Lodges. And continued best wishes for success in all you do, demonstrating that "Elks Care – Elks Share."



From our Exalted Ruler



As we finish our first month of the new lodge year. We have already installed two new lodge members at our first meeting and attended the Metro district meeting where Ron Christenson presented our lodge with a Gold Certificate,

which symbolizes a donation to penny-a-day of \$365.00 dollars. Thank you Ron.

For May we will be looking to setup some time for orientation for Silver Spoons at the VA hospital. Silver Spoons is a project where individuals from the community go to the VA Hospital to visit with the veterans during mealtimes. If anyone is interested please contact Jessica Zinken at 320-420-8826 or at stcloudelksvavs@hotmail.com. The second weekend of May is the youth camp opener. A few of our members will be going up on Thursday evening. If you are interested we will be discussing the trip further at the next meeting. The following Friday, May 15, 2009, is Minneapolis 44's rib dinner beginning at 7:00.

Finishing up the month is the Memorial Day cook out at the VA scheduled to begin at 1:30 p.m. Anyone who is interested in helping is welcome to come.

Steven Zinken
ER

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 5th Year
 - Aaron Lundblad 4th Year
 - Dan Graven 3rd Year
 - Frank Presfield 2nd Year
 - Shirley Zager 1st Year

Secretary
Brad Slocum

Treasurer
Larry Nusbaum

Esquire
Rich McCarty

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Mary 2009 Veterans Message
Remember Veterans with Comfort Care Kits
By Hon. Amos A. McCallum, PGER Commission Chairman
And Robert M. Hennings, Commission Director



Elks are proud of our National Headquarters in Chicago, our Memorial Building, dedicated to all of our Veterans who sacrificed so much for us allowing us to maintain our way of life. This elegant building, however, with all its history does not help our Veterans in their daily lives. We must continue to live up to our long-standing pledge: "So long as there are Veterans, the Benevolent and Protective Order of Elks will never forget them".

We have many programs to aid our Veterans such as the Leather Program, Adopt-A-Veteran and Student/Veteran Volunteer Program. We also visit Veterans in the VA Medical Centers and State Veterans Homes, providing them with entertainment such as the Re-Creation singing group, Bingo and bar-b-ques. In addition, we welcome Veterans into our Lodges for meals and entertainment, sponsor fishing trips, attend ball games and purchase equipment for Veterans hospitals and homes. These activities are all necessary and valuable as they add to the daily comfort and care of those women and men who gave so much to protect our freedom.

There is something else we, in each of our Lodges across this great free country, can do for our Veterans which is relatively inexpensive, and that is to provide Comfort Care Kits for Veterans in Veterans hospitals and homes, those we have adopted and those all too many homeless Veterans. We will continue to show that Elks do care. Since 1997, The Elks National Veterans Service Commission and Federated Wholesale Inc. has partnered to create 'Comfort Care Kits'. These kits contain items for personal hygiene, and are available for both men and women. There are several types of kits available, and they can be customized to fit your budget. All products are guaranteed by the FDA, EPA, and other Federal agencies to guarantee safe, effective products. The plastic bag which contains the kits can be printed with the Elks logo, as well as providing space for the Veteran's name if you wish to add it. You can purchase individual items in case lots as well.

Federated Wholesale proudly follows a "Buy American" policy, and employs Veterans to pack the kits whenever possible.

For your next hospital visit, or your next event honoring Veterans, we urge you to add a little something extra for our nation's heroes.

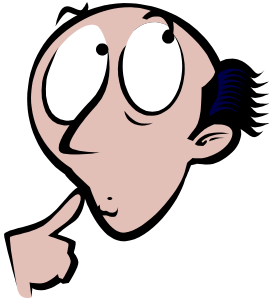
The Federated Wholesale catalogue can be viewed online at: <http://www.federatedcares.com>.

PLEASE!!! Call or write for their catalog today:

**Federated Wholesale, Inc.
6095-D Northbelt Drive
Norcross, GA 30071
Telephone: 1-800-346-0859
Fax: 1-770-458-2633**

E-Mail: info@federatedcares.com

Anything and everything we can do for our Veterans is important and continues to show "Elks Care – Elks Share"!



Ask the Esquire aka Rich McCurdy

Dear Esquire, My husband recently joined a local home brew club and now he thinks he knows everything there is to know about beer. I would like to show him up sometime when we're at a brew pub. Can you help me?? Ms. J.Z.

Dear J.Z: Aha... A topic that is truly near and dear to my heart and pallet. Believe it or not there is a proper way to taste beer. When analyzing a beer, you can't just swill it down, burp and say "it's great" or "its crap." And, even though

tasting is an individual art, there are a few steps, which if followed, will take your beer tasting to a blissful level.

Look:

Take pause and marvel at its greatness before you partake of it. Raise the beer in front of you, but don't hold your beer to direct light as this will dilute its true color. Look at its color, its head and its consistency.

Agitate

Swirl your beer, gently in the glass. This will pull out aromas, slight nuances, loosen & stimulate carbonation and test head retention.

Smell

90-95% of what you experience is through you sense of smell. Breathe thru your nose with two quick sniffs, then with your mouth open, then thru your mouth only (nose and mouth are connected in the experience). Let olfaction guide you. Agitate again if need be, and ensure that you are in an area that has no overpowering aromas. Enjoy its bouquet.

Taste

Now sip the beer. Resist swallowing immediately. Let it wander and explore your entire palate. Let your taste buds speak. Note the mouth-feel, the consistency of the liquid's body, and breathe out during the process of tasting. This process of exhaling is called "retro-olfaction" and will release retained stimulations at the mucus and mouth-feel level, but at a higher temperature. At times this will be the same as the olfactory process if not different and complimentary. Try to detect any sweetness, salty flavors, acids and general bitterness. Explain what they are, or what they are similar to.

Also, try tasting the beer after it warms a bit (just a bit mind you). Really cold beer tends to mask some of the flavors. As a beer warms, its true flavors will pull through, become more pronounced.

As summer is coming your husband is probably in search of a lawnmower beer. I would suggest he try the lighter ales or lagers...

Cheers... Rich

State Calendar of Events

- 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

Secretary's Nook

Membership cards have been issued and mailed for everyone that has paid dues to this date. I apologize to those were there may have been a delay in getting your new membership card. With our different work schedules and the other aspects of life the transition of the office from one to the other took a little longer then we would have liked. In a few cases some of you may have received more than one membership card, I wanted to make sure they were all sent instead of wondering if it had been sent. If you have not received your card I can be contacted at bsloc@gmail.com , home phone 320-259-6820 leave a message or St Cloud Elks Lodge, PO Box 8, St Cloud MN 56302.

The Lodge has a new e-mail address that is accessible by all of the officers, it is Stcloudelks@gmail.com.

Brad Slocum
Lodge Secretary

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: **Preantepenultimate**. Please endeavor to use this word in everyday conversation with friends, relatives, clergy, Exalted Rulers, District Deputies, District Presidents, State Presidents and spouses.

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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nusbrew@gmail.com for more information