



## **The Rack**

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

August 2008

---

### **August Meetings**

Thursday the 21<sup>st</sup>, 2008

7:30 P.M. at

The East side VFW #4847

---

August, 2008 GER Message

**A Message from the Grand Exalted Ruler Paul D. Helsel**

#### **Time to get down to growing Elkdom**

Thank you one and all for electing me as your Grand Exalted Ruler. It is an honor and a privilege to serve you and our Order in this high capacity, and I pledge that Jane and I will do our utmost to promote the great works of our Order wherever our travels take us.

As I spelled out in Anaheim, my theme for the year is "Elks – Growing Elkdom and Strengthening America." Well, the National Convention is over now and it is time to get to the work at hand. Hopefully, you are as enthusiastic as I am after that most inspiring week in Anaheim, and are already busy "Growing Elkdom." Looking at the calendar, only eight months remain in this lodge year to "get 'er done"!



Where does your lodge stand relative to membership growth and/or retention? Are you attracting new members? Do you have an action plan in place to build and improve the relationship between the members and the lodge? Is it working and making them feel welcome, wanted and needed? If you can answer yes to the last three questions, you are well on your way to showing a gain in membership and Growing Your Lodge and Elkdom. If any answer is "no" you have some work to do and need to "get to it."

By now your work with our programs should be well under way. You should be close or even past the \$4.50 per capita goal for ENF donations. The Hoop Shoot and Soccer Shoot dates should be set and plans in motion, as should be the case with all the other youth programs. Your service work with the veterans and others in your community should be occurring routinely. You should be well on your way to a very successful lodge year with many positive things to report with each passing day. Best wishes to you and your lodge for the remainder of this lodge year. Jane and I look forward to visiting each of your states and learning firsthand how you are working to grow Elkdom and demonstrate that "Elks Care – Elks Share."



**From our Exalted Ruler**

In August there will be only one meeting on the third Thursday, August 21st. We will be doing initiation at this meeting as we a number of new members to initiate.

I would like to thank John and Dickie Voth for the hosting the July Fifth Thursday social. We had a good turnout for this by our lodge members to welcome George and Stacy Walters. This was George Walters, the Minnesota State President, official visit to our lodge. We also had Tod Kujawa, Exalter Ruler, and Ron Christenson, Secretary, from Minneapolis Lodge #44 at the Fifth Thursday.

The State Golf Tournament was held in International Falls on July 26<sup>th</sup>. We had six people participate in the scramble. Next year's tournament will be held in Rochester as they were the only south district lodge to have a team there.

Thanks Dan Graven for the use of his truck to pull the drug awareness trailer in the St. Joseph parade. I also would like to thank all those who helped in with stuffing bags to hand out and those who were there. We handed out over 1500 bags and almost another 1500 coloring books.

The Grand Lodge convention was held from July 6<sup>th</sup> to the 10<sup>th</sup> in Anaheim, CA. The major items to come out the sessions that affect us are the Grand Lodges dues going up by three dollars. Our by-laws are written such that if the Grand Lodge or the state dues go ours will too by that amount. The assets from a defunct lodge can now used for new lodge development. Appropriate trusts will setup for this. The resolutions to allow membership in more than one lodge, for those

**2008-2009 Officers**

Exalted Ruler  
James Michael

Esteemed Leading Knight  
Steven Zinken

Esteemed Loyal Knight  
Marcia LaVine

Esteemed Lecturing Knight  
Mark Eliason

Inner Guard  
Craig Pogatshnik

Trustees  
Brad Slocum 5<sup>th</sup> Year  
Dan Gravin 4<sup>th</sup> Year  
Frank Presfield 3<sup>rd</sup> Year  
Shirley Zager 2<sup>nd</sup> Year  
Bob Zager 1<sup>st</sup> Year

Secretary  
Aaron Lundblad

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)

who summer and winter in different locations, were voted down.

Paul D. Hesel, from Newark Delaware Lodge #2281 (pronounce New Ark), was installed as Grand Exalted Ruler. His themed for the year is "Elks – Growing Elkdom and Strengthening America. He has also set the Elks National Foundation goal of \$4.50 per for the upcoming year.

We are still having the fertilizer fundraiser with UAP out of Big Lake. If interested, contact me at 320-253-0933 or by email [jmmichael@gmail.com](mailto:jmmichael@gmail.com).

Upcoming Events:

-Elks Family Camp August 8<sup>th</sup>-10<sup>th</sup>, for reservations, contact Paul Warren at 507-452-1290.

-State Soccer Shoot, August 15<sup>th</sup>-17<sup>th</sup>, to be held at the Youth Camp.

-Rib Fest at the Hopkins Lodge will be August 16<sup>th</sup>.

-Youth camp closing, September 19<sup>th</sup>-21<sup>st</sup>. If interested in going please let me know by the next meeting for housing reservations

-Metro District Meeting / District Deputy Clinic will be held September 13<sup>th</sup> at Stillwater.

-October 24<sup>th</sup> – 25<sup>th</sup>, 2008 State Mid-Year Conference in Winona, MN

James Michael

ER

---

**August, 2008 Veterans Message  
Adopt-A-Vet gaining popularity**

By Roger R. True, PGER Past chairman

In 1983 the Elks National Veterans Service Commission implemented the Adopt-A-Veteran program. With more than 124,000 veterans adopted last year, it has become one of our most popular programs. Every lodge should be participating in the program today. The question often arises, which veterans are adoptable?

1. Veterans in state or federal veterans' hospitals.
2. Veterans in assisted-care facilities, nursing homes, convalescent homes and retirement and senior-living centers.
3. Any veteran with limited or no family contact who is lonely or shut in.
4. Veterans in homeless shelters.

More than one lodge can adopt veterans. Feel free to adopt from afar.

How does the program work?

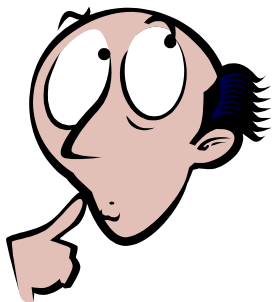
1. The VAVS representative at a state facility secures the names of veterans without family or friends nearby from the hospital or facility and forwards the list to the state National Veterans Service chairman. Nursing homes, assisted-living facilities and some senior facilities have activities or social directors who can give you a list of veterans who reside there. It is often helpful to contact local churches, veteran groups, the American Legion, VFW posts or even your lodge secretary to get a list of veterans nearby who are lonely and unable to get around on their own.

**IMPORTANT:** Due to privacy laws, it is highly recommended that written permission is granted by the veteran, stating that he or she would like to receive cards, invitations and visits. Under no circumstances are names and birth dates of veterans to be published in lodge bulletins or Web sites. This information must be held in confidence and only given to those who will actually make contact with the veterans.

2. The state chairperson will divide the list among the lodges in close proximity to the facility and forward the names to the appropriate district chairperson.

3. The district chairman will determine how many veterans each lodge wishes to adopt and provide the lodge with their names. In addition to visits and greeting cards, gifts of personal-care items, reading material, games and similar items should be considered. Luncheons and dinners at a restaurant or the lodge are highly recommended.

Now is the time to make a difference. Now is the time to get active in your lodge's program or help your lodge start an Adopt-A-Veteran program if it doesn't already have one. Army of Hope: You can make a difference!



---

*Ask the Esquire aka Rich McCurdy*

*Dear Esquire, My wife is hopelessly addicted to cheese. I would like to broaden her horizons but I find myself at a loss. Can you help??? Mr. J.M.*

*Dear J.M: I hope your wife eats more than cheese as cheese can have certain slowing effects on her digestive system. First you have to understand what cheese is... Cheese is a rather general term describing curdled milk (or cream). To curdle milk means to separate the whey from the curds. Milk proteins (casein) are ostensibly broken in half. One half precipitates out of the milk, becoming a solid (the curds). The other half remains liquid (the whey), though it ceases to be white. The distinction between true cheese and things like cream cheese, sour cream, mascarpone, creme fraiche, etc. is the way in which the milk is curdled. Milk can be curdled either by acid and/or by rennet. To be considered a true cheese (e.g. cheddar, swiss, brie, et. al.), acid AND rennet coagulation (i.e. curdling) is required.*

*First, a culture is added to the milk (or is already present in the milk in the case of some raw milk cheeses). This culture "ferments" the milk, slowly lowering the pH (raising the acidity) of the milk. Then, rennet is added - this is an enzyme derived from the fourth stomach chamber of an un-weaned ruminant animal (e.g. a calf, kid, or lamb). This enzyme literally breaks apart the proteins in the milk, an action facilitated by the presence of acid (and heat), and separates the milk into curds and whey. The whey is*

*poured off (either to make ricotta or to feed to hogs). The curds are then cut, releasing more whey, drained, and molded (this is a gross simplification - most of the textural variations in cheese stem from this process). At this point, the curds have become cheese.*

*False cheeses like creme fraiche, mascarpone, sour cream, etc. are curdled very lightly and without the use of rennet. The acid required can be produced by natural or added bacteria, vinegar, lemon juice, etc. The variations in the acid-curdled "cheeses" come from the extent of acidification, coagulation, variations in fat content, types of cultures, etc. For example, creme fraiche is cream (thus, high in fat) that is lightly coagulated (lower acidity). Sour cream is cream that is more heavily coagulated. This slight difference in acidity and cultures will cause sour cream to fully curdle (i.e. turn chunky) when boiled, whereas creme fraiche will not.*

*The diversity and complexity of cheese making processes is overwhelming. I hope this helps to illustrate (if not simplify) the breadth of the cheese world.*

*No one categorization scheme can capture all the diversity of the world's cheeses. To help you navigate the ocean of possibilities, I've decided to organize the cheeses in a somewhat unorthodox - but ultimately more intuitive - way. Below, you'll find cheeses separated into six categories: Fresh & Mild, Soft, Firm, Hard, Blue, and Stinky. I've combined the two ways that customers prefer to shop for cheese - by texture and by flavor profile - and unified them into one system of classification.*

#### *Fresh and Mild Cheese*

*Fresh & Mild Cheeses are typically light in flavor and un-ripened. They are meant to be consumed relatively soon after they are produced.*

#### *Blue Cheese*

*Blue Cheese is easily identified by the characteristic blue-green veining of cheeses of this type. Made from either cow's, sheep's, or goat's milk, it tends to inspire strong feelings in tasters. People either love it or hate it!*

#### *Stinky Cheese*

*Stinky Cheese has drawn comparisons to gym socks, old shoes, barnyards, cellars, and worse! It is almost always the case, however, that the bark of stinky cheese is worse than its bite.*

#### *Soft Cheese*

*Soft Cheese occupies the fuzzy realm between fresh and aged cheese. It is always consumed within a month or two of production. Soft cheese is soft because it still retains a high percentage of water in the paste.*

#### *Hard Cheese*

*Hard Cheese is often pigeon-holed, to its detriment, as a "grating cheese". In fact, hard cheeses are packed with flavor and deserve a place on any great cheese plate.*

*I hope this helps with broadening your wife's pallet and please...*

*Don't burn the Brie... Rich...*

---

## State Calendar of Events

- Family Camp Out at Youth Camp      August 8 - 10, 2008      Youth Camp
- State Soccer Shoot Out      August 16, 2008      Youth Camp
- Youth Camp Closing      September 19 - 21, 2008      Youth Camp
- 2008 Mid-Year Conference      October 17 - 18, 2008      Winona
- Minnesota Elks Mixed Curling Bonspiel      November 21 - 22, 2008      Hibbing
- (for information contact Charlie or Becky Radika)
- State Ritual Contest      January 3, 2009      Red Wing
- Exalted Ruler Seminar      January 24 - 25, 2009      Wadena
- State Elks Bowling Tournament      February, 7, 14, 21, 28, 2009      Stillwater
- State Hoop Shoot Contest      February 14, 2009      Hutchinson
- Elks International Bonspiel      February 28 - March 1, 2009      Thunder Bay
- Regional Hoop Shoot      March 14, 2009      Iowa City, IA
- 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

- River City Days      August 1 - 3, 2008      Red Wing
- Rib Fest      August 16, 2008      Hopkins
- Steak & Lobster in the Park      August 23, 2008      Stillwater
- PER Auction      September 12, 2008      Stillwater
- Fall Conference / District Deputy Clinic      September 13, 2008      Stillwater
- Murder Mystery Dinner Show      September 26 - 27, 2008      Minneapolis
- ENF Night & Silent Auction w/a Turkey Fry      October 10, 2008      Hopkins
- Minneapolis Home Parties at the Lodge      October 11, 2008      Minneapolis
- Rosemount Halloween Trail      October 25, 2008      Dakota County
- Wine Tasting & Silent Basket Auction      November 22, 2008      Faribault
- Minneapolis Toy Dance      December 6, 2008      Minneapolis
- Red Wing Member Christmas Party/Silent Auction      December 5, 2008      Red Wing
- Christmas Party      December 7, 2008      Dakota County
- Ice Fishing Tournament      January 7, 2009      Red Wing
- Bahama Mama Night      January 21, 2009      Minneapolis
- Winter District Deputy Clinic      January 17, 2009      Minneapolis
- Lodge Luau with the Fabulous Love Handles      January 24, 2009      Faribault
- District Hoop Shoot      January 25, 2009      Minneapolis
- Minneapolis PER Auction      February 28, 2009      Minneapolis

---

Past Exalted Ruler's (PER) Section

This space reserved for our Past Exalted Rulers to pontificate from...  
Stay tuned to see if they have anything to say/share....



---

**Hopkins Elks Rib Fest**

Saturday, Aug 16th, 2:30pm

Hopkins Elks Lodge #2221  
30 - 8th Avenue S, Hopkins



Sample delicious ribs and other fixings as teams compete for best rib award and bragging rights. Enjoy live music by "Outside the Lines".

---

*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: **Quomodocunquize**. 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!**

