

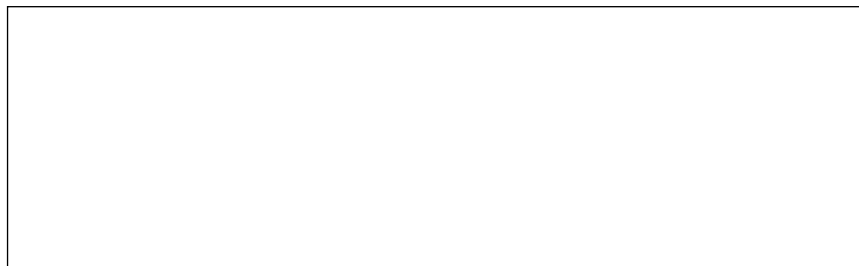
GREATER SPOKANE ELKS LODGE #228



Elks Care - *Elks* Share

Greater Spokane Elks #228
9320 E Mission Ave
Spokane Valley, WA 99206

TO A VERY IMPORTANT ELK



January 2025 Newsletter

Office Hours: Tues thru Thurs 10:00 am–3:00 pm
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This bulletin is published monthly by the Greater Spokane Elks Lodge #228. Lodge #228 is a subordinate Lodge of the Benevolent and Protective Order of Elks of the United States of America, and is a non-profit, 501(c)8 Fraternal Organization. Copies of each monthly bulletin issue are sent to all Lodge members in good standing, widows of members, Washington State Elks, selected other



Lodges, and sponsors.
 Bulletin Editor – Deanna Fisher

Officers of the Lodge:

Exalted Ruler----- Frank Powers
 Leading Knight----- Jaye Nordling
 Loyal Knight ----- Warren Stout
 Lecturing Knight----- Lynn Hurd
 Secretary ----- Jim Bedard PDDGER
 Treasurer ----- Kathy Sink
 Inner Guard ----- Ted Fisher
 Tiler----- Paula Davis
 Esquire ----- Jan Lindsey PER
 Chaplain----- Dorothy Larsen
 Trustee (1 Year)----- Ted Bronowski PER
 Trustee (2 Year)----- Jimmie Parman
 Trustee (3 Year)----- Kent Allen
 Trustee (4 Year)----- Jim Van Slyke
 Trustee (5 Year)----- Dennis Hurd PER

Committee Chairs

House ----- Jan Lindsey PER
 Activities----- Jaye Nordling
 Board ----- Jimmie Parman
 Americanism ----- Jaye Nordling
 Tall Elks----- Evette Behan PER
 ENF ----- Jan Lindsey PER
 Wrecking Crew ----- Jaye Nordling
 Hoop Shoot ----- Rita Gardner
 Investment ----- Kathy Sink
 Grant Coordinator ----- Kari Allen
 Veterans ----- Evette Behan PER
 Audit----- Rick Parman PER
 Membership ----- Dennis Hurd PER
 PER Association ----- Jim Bedard PDDGER



Exalted Ruler’s Message

As I reflect on the coming year that marks one fourth of the way through the 21st century, I continuously think of the prayer attributed to St. Francis of Assisi. Often called the *Prayer for Peace*, its premise certainly comports with our values and beliefs as Elks.

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love.

For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

Prayer of St. Francis of Assisi (Prayer for Peace) - Cathedral of St. Thomas More

I see these concepts practiced in many of our members. I appreciate and respect these virtues of strong moral codes and standards of rectitude. My New Year resolution is to pray for the ability to live and exemplify these virtues.

Wishing you a very Happy and Blessed New Year,

Frank W Powers - Exalted Ruler





Board of Directors News

From the Board of Directors, we hope you all had a Merry Christmas and are looking forward to a Happy and Prosperous New Year!

The Board, at our December 5th meeting, explored the subject of whether it might be feasible to sell the Lodge property and move our operations elsewhere. The discussion was generated by our financial outlook and the fact that we have had a couple of unsolicited inquiries from potential buyers.

The Board decided to seek authorization from the Membership to actively move forward with marketing the property.

For those who were not in attendance at the December 11th Lodge Meeting, an important discussion was held about our Lodge and the finances surrounding our operations.

The result of this discussion, was a motion and second to authorize the Board of Directors to begin marketing the property. The motion was passed unanimously.

This does not mean that a final decision has been made to actually sell. There are several steps that must be taken before a sale could occur.

Such things as written notice to each Lodge Member, appropriate paperwork to Grand Lodge, and membership meetings on that specific matter would all be necessary before any final decision could be made.

A big Thank You to everyone who contributed to our Christmas Mission. This wasn't our only charitable endeavor. We also contributed to several local charitable organizations as we have in the past. A \$300 donation went to 10 Spokane and Spokane Valley groups:

- GSC Meals on Wheels
- Hospice of Spokane
- Joya Child & Family Development
- Morning Star Foundation
- Free Rein Therapeutic Riding
- Second Harvest Food Bank
- Spokane Valley Partners Food Bank
- Tom's Turkey Drive
- Union Gospel Mission
- YWCA Help with Domestic Violence

The Grants committee is also working hard to apply for Grants from Grand Lodge, via the Elks National Foundation, for substantial additional help to several other deserving organizations.

Another item of discussion at the last Board Meeting, on behalf of the House Committee and office staff, was the timeliness of getting receipts and cost information to the office after a Lodge Event. The House Committee handles most events, but other Members do sponsor and run events from time to time.

In order to keep a usable record of expenses and income, it is necessary to have the information in a timely manner. So, all financial information and attendance records need to be turned in to the House Committee Chair and the Office within 15 days of the event.

Even if some of the supplies are donated and no reimbursement is made, the receipts and expenses are still valuable in recording the costs of various types of events, so each event has a financial record.

The officers and other leadership of the Lodge, are still wondering why some of our events and functions are so poorly attended. Again, we sincerely ask that any or all members reach out to the officers and committees and let us know what you would like to see on our event schedule.

Due to the New Year's Day Holiday the next Board Meeting will be January 2nd at 6:00 PM.

Jim Parman – Board Chairman



CRYING TOWEL

12/11/2024

Bob Wormell – NOT PRESENT

NOT CRYING

\$100 winner Paula Davis





THANK YOU FOR YOUR SERVICE

GEORGE ANDERSON -----RICHARD ANDERSON
 ROBERT ANSELMO-----RICHARD BAKER
 PHILIP BASSO-----WILLIAM BAYNE
 CHARLES BLAKE -----HENRY BOLINGER
 ROBERT BOLTZ -----RICHARD BROWN
 ROBERT BROWN ----- JERRY CARR
 JAMES CONIGLIARO----- STEVEN COOK
 BURLE CRAVEN----- PATRICK DeFRANCESCO
 PAUL DELUCCHI -----WILLIAM ENTEL
 JERRY FERRARO ----- TED FISHER
 CLYDE FOSTER-----MARK FREESE
 RICHARD GARCIA ----- MARK HEMINGWAY
 ROD HENDRICKSON -----GARY HICKS
 DEL HIRZEL ----- THOMAS HODGINS
 RICHARD HOERING -----GARY HOLMES
 JOHN HOPKINS -----LARRY HOUGEN
 DOUGLAS JUSTUS----- JASON KAMP
 RICHARD KOCH-----DALE KRAMER
 ROBERT LaLONDE----- JAMES MARTIN
 JOHN MIDDAUGH----- ARTHUR NORDLING
 JAYE NORDLING ----- ROCKY POOL
 DAVID PURTILL----- PETER RAINBOLT
 ALLAN RAY -----LOUIS RHODES
 LARRY ROSENBERG -----DANIEL SCHEIDT
 RONALD SCHOENBERGER
 KENNETH SCHUEMAN
 N DEAN SHAVER-----JERRY SHERMAN
 RICHARD SHIFFLET-----FRANK SIMONSON
 ROGER SOTHEN ----- LEMUEL TERRELL
 EDWARD VANG ----- WENDELL WADE
 SCOTT WAGNER ----- JOHN WARNING
 TERRY WAY ----- TIMOTHY WERLEY
 SAM WOLLENHAUPT----- ROBERT WORMELL



House Committee News

The House Committee will meet on January 2nd, at 5:00PM, in the Social Quarters.

We will be discussing the events that are planned for January and continue to plan for the rest of the Elk year.

One of the big events will be the dinner for Elk’s National Foundation. Please note the new reservation policy for the dinners. We need to know how many will be attending, so planning for the food will be easier. The calendar will have the date you need to reserve by. It is so appreciated.

We are always looking for volunteers to help. You only need to help for a couple hours on any of the events and it is always appreciated.

Remember, “Elk’s Care and Elk’s Share.

Please email or call Jan Lindsey, House Committee Chair.

[janrlindsey@gmail.com/](mailto:janrlindsey@gmail.com) 509-770-1309.



JANUARY BIRTHDAYS

PHILLIP A BASSO -----KATHERINE SINK
 TED C SCHULTZ----- ERIN MEGAN BARR
 AL MCCARTY -----MARTY E HILL
 GEORGE R BATCHELOR-----CLYDE FOSTER
 DENNIS HURD -----LANI TERRELL
 TED HAYNES----- JENNY M MARTIN
 KENNETH P QUIMBY -- DEBBIE TOWNSEND
 DANNY JOHNSON -----PAUL RYAN
 RICHARD BAKER ----- LYNN C HURD
 DOROTHY LARSEN -----BRIAN HARDAWAY





Elks National Foundation

We will be planning a great dinner on January 24th, (Friday) in Building “C”.

This will be a fundraiser for ENF, to help our Lodge meet its goal for the year. So far we have collected \$530 dollars and our goal is \$1,165. (\$5.00 per member.)

We have received a lot of money from ENF for the grants that we distribute in the community to many different charities and we want to be able to continue doing this. So meeting our goal before March 31, 2025 is what we need to do. Some of the money we received through grants went to Free Rein, Elk area Food Bank and a \$4000.00 grant went to The Teen and Kids Closet last year.

We are going to ask for a donation of \$12.00 for the dinner and \$2.00 of that will go to ENF in your name. We are planning on having some raffle baskets and music for your dancing or listening pleasure.

The dinner will be Manicotti, (Vegan and Meat choices), Caesar Salad, French bread, and Spumoni Ice Cream.

We would like reservations to be into the office by January 20th to assure an accurate count for the food purchases.

If you go on line to Elks.org, you will be able to see all of the areas that they support, for example, Scholarships, Veterans, and Hoop Shoot, to just name a few.

I am hoping that if you are unable to attend this fun event that you would consider putting a check in the mail to help support it. Just make it out to ENF(Elks National Foundation) and mail to the Lodge, at 9116 E. Sprague Ave #228 (mailing address only),Spokane Valley, WA 99206.

Fraternally,

Jan Lindsey, ENF Chairperson



Hillbilly Wisdom

- **Don't be banging your shin on a stool that's not in the way.**
- **Borrowing trouble from the future doesn't deplete the supply.**
- **Most of the stuff people worry about ain't never gonna happen anyway.**
- **Don't judge folks by their relatives.**
- **Silence is sometimes the best answer.**
- **Don't interfere with somethin' that ain't botherin' you none.**



Secretary's Message

The ER and myself will be headed to winter convention in the middle of January to get some new ideas and reminders of what makes a great Lodge. As we prepare for the holidays, we tend to remember our past family and friends. With the recollection of our past family and friends we tend to remember the good times and fun we shared Merry Christmas and Happy New Years to all our members.

Jim Bedard PDDGER East District # 9240
WA State Elks Accident Prevention Chairman
Greater Spokane #228 Lodge Secretary



News from the Leading Knight

Save the Date!

Mark your calendars for Valentines Day February 14th. Sweetheart Dinner and Dance. (Details to follow.)

Jay Nordling





POKER AND GAMES

We will be back to two Poker and Game Nights in January. (Happy New Year) The January dates are the 9th and 23rd from 6 to 9 PM, back on our regular schedule on Thursday evenings the day after regular Lodge Meetings.

For those who haven't been with us before, the game is a modified version of Texas Hold'em with a \$5.00 buy-in. One of the modifications is we don't use the Big and Small Blinds. We found that some of us couldn't remember whose turn it was to be Blind.

Now, we just play where everybody antes a nickel, so we don't have to keep track of Blinds. Instead, we now get to argue about who has anted and who hasn't!

Other rules besides the nickel ante, include a betting limit of 25 cents, limit of three raises, and no checking and raising. Another rule is a requirement to harass and insult our fellow players and then have a big laugh about it. Another feature is that the Banker is required to tell at least one joke during the game. (Some of them are 'groaners' but no one said they had to be good!)

At Left is our friendly volunteer bartender, Warren



Now we'll show you some highlights of our December 12th session:

In addition to our card games, we had a birthday celebration! Regular Player, Jan Lindsey was celebrating her XXth Birthday a few days early, so treats were in order! The cupcakes were enjoyed by all.

(Rt) We also had our regular dart league players that night. Our dart players sometimes have another team in competition in our social

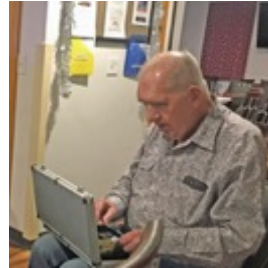
quarters and at other times they play a team at a different location via the internet.

The teams see one another and the results of their throws via video screens on the dart machines. Kinda interesting if you're into tech.



Birthday Girl Jan Lindsey

Birthday Treats =>



Banker performing his duties



Preparing for me to lose my lucre



Mike Kellog and Angela Page

Hey, Guys and Ladies, WE HAVE FUN!
Won't you join us?

Jim Parman – Poker Draftee



Lakeland Village Christmas

At 5:00 PM on December 4th the big Alpha-Omega tour bus left the Lodge for our annual trip to Lakeland Village to entertain the residents at their annual Christmas Party. The ‘basement’ storage in the bus was loaded with drums, amplifiers, sound system, other instruments, and stuffed stockings for every resident.

I’m told that Lodge #228 has been providing entertainment at Christmas for 100 years or more. This series may have started at Eastern State Hospital as Lakeland Village hasn’t been around for quite that long, but the Lodge is very proud of that record. In past years the Lodge had a ‘big band’ that provided the entertainment. Today, it is a dozen or so members who provide the music.

At this point it’s appropriate to thank those who travel with us and do so much to make this effort a success. (Yeah, I’ll probably miss someone by doing this but I apologize in advance. It is not intentional.)

Tim Werley was our Santa Clause, PER Dennis Hurd on drums, ER Frank Powers on Guitar, Leading Knight Jaye Nordling playing washtub bass and trombone and vocals, Jim Parman on guitar and vocals. Our entourage also included Paula Davis, Kathy Sink, Jane Nordling, Lynn and Sue Hurd, Ann Parman, Bim and Jan Lindsey, and Phyllis Porter.

Special guests again this year were the Aca’Bellas who performed several Christmas songs for the crowd.

All of our group who wanted and some of the Lakeland residents as well, were provided Kazoos to join in the music.



*Bianca Dixon, Andren Moyer, Emily Bertholic, Mary McAdam
The Aca’Bellas
Along with Santa Claus – Tim Werley*



Here we have ER Frank upper left, Jaye on the right, Jim below right and Dennis below left.

We look forward to continuing our sequence of entertainment next year and would encourage more of our members to join us. This is a truly moving and inspiring effort.

Jim Parman



ELKS HOOP SHOOT FREE THROW CONTEST

**THE OPPORTUNITY TO PUT YOUR
NAME IN THE NAISMITH MEMORIAL
BASKETBALL HALL OF FAME.**

CONTEST LOCATION: The Warehouse Athletic Facility 800 N. Hamilton, Spokane, WA

HOSTED BY: Greater Spokane Elks Lodge **LODGE NO.** 228

DATE: January 20, 2025 **TIME:** 12:00 PM (Registration 11:30 AM)

DIRECTOR: Rita Gardner **CONTACT:** 509 926-2328

The Elks Hoop Shoot, funded by the Elks National Foundation, is a free throw contest for children ages 8 to 13. Age group is determined by contestant's age as of April 1, 2025. For more information, contact the Lodge Elks Hoop Shoot Director listed above or visit elks.org/hoopshoot.



2750 N. Lakeview Ave. | Chicago, IL 60614 | 773/755-4758 | hoopshoot@elks.org | elks.org/hoopshoot



TUESDAY
January 14 and 28, 2025

OPEN TO THE PUBLIC (18+)

GREATER SPOKANE ELKS #228
9320 E MISSION AVE - AVENUES BUILDING
SPOKANE VALLEY, WA 99206
(509) 926-2328

DOORS OPEN 5:30PM
BINGO BEGINS 6:30PM

Refreshments will be available for purchase.



BREAKFAST AT THE GREATER SPOKANE ELKS
#228

Members Families and Guests. Bring the Kids
SUNDAY January 12, 2025

9:00AM-11:00 AM
Avenues Building

Special prices on adult "before-noon" beverages

Suggested Donation Adults \$8 Kids \$4

Sausage, Eggs, Coffee Cake, Pancakes , Coffee



It has been known to snow here in the great Northwest.

You may note that the articles from the House Committee, and the ENF dinner, discusses **RESERVATIONS**.

We have too long, been too relaxed, about when or whether members need to make reservations for meals, resulting in an unacceptable waste of food.

So, starting with the ENF dinner on January 24th reservations will be expected no later than January 20th. It should be noted that those on the reservation list will be served first and 'walk-ins' after, providing there is food left.

More information will come later as we formalize the reservations system.



OUR KIDS

Washington Elks Therapy Program for Children, Inc. Our State Major Project



I'd like you to meet Judah. He is a sweet, fun 4 year old who enjoys interacting with his older siblings, has great interest in animals, building with Legos, and as you can see, he has an amazing smile that lights up a room. Judah started OT through the Elks due to his sensitivities to multi-sensory input, especially in busy environments & with other children. He hadn't been able to sleep without his body touching a parent, needed his pacifier most of the day and night, and became anxious and overwhelmed to where it was difficult to communicate and participate. He was very attached to his mom and needed to be with her regularly, as he would become distressed with any separation from her, even when she was in an adjoining room in their home. He has made such great progress in the last 7 months with his confidence, communication, participation, and independence.

His mom wanted to share their family's appreciation to the Elks as we celebrate their 70th year of supporting the Washington Elks Therapy Program For Children.

I don't even know where to begin to explain how much receiving OT services through the Elks has helped not only my son, but our entire family! Judah was always very timid and afraid of new places and people, so the fact that the OT could consistently come to our home made a big difference. My son was able to be in his safe space which made him more open to learning. Prior to services, he heavily relied on his attachment to me along with his pacifier for regulation. The OT working with him has taught him so much about the way his brain works, including about his automatic protective responses (fight, flight, freeze) in ways he can understand using animals. This was essential as now he can identify when/why his big feelings occur and can utilize helpful ways to regulate. Before OT, he wouldn't communicate much with anyone outside of our family. He would completely shut down, hide and not respond to anyone. The OT has given him so many tools to use and has also taught him how both verbal and non-verbal ways of communicating are ok! This has opened up a whole new world for him as he is learning that if speaking is too overwhelming in any given moment, he can always give "eye clues" (pointing, thumbs up, wave, big smile) to communicate an answer or give a greeting. Because of this, he feels empowered instead of helpless in social interactions and no longer hides when people talk to him. Judah has worked on specific solutions to situations that caused a lot of stress at preschool and his confidence and growth have soared over the last few months. He is now willing to participate in class, he will play on outdoor toys away from me even if there are other kids on them, and has even asked me if he can go say goodbye (with a wave) to his friends. As a parent, I was getting so discouraged and did not feel like I had the support I needed to help him. That all changed once I learned about OT services offered through the Elks. The resources Judah has

received and the support I have felt as a parent have completely changed the trajectory of his confidence, growth and overall happiness. I am so incredibly thankful for the opportunity to have an OT work with Judah and to the Elks for making this possible. It has made all the difference in the world to our family!


He no longer uses a pacifier during the day and uses gum and other chewy foods available to help him regulate as well as sensory input like deep pressure applied to his body. He now shares a room with his brother and has a tent bed on the lower bunk bed with sensory supports that help him sleep. He's working on small steps towards being able to fall asleep on his own, including when

he wakes in the night. He has increased his confidence and independence by learning in therapy at such a young age about his brain in a way he can understand that represent the thinking part and the protective part of the brain. He knows now that when he doesn't have "felt safety" in situations and is overwhelmed, that his automatic protective system in his brain starts working (fight, fright, or freeze response) and he shuts down (freezes) and "turtles." He has been empowered with knowing that he now has owl brain strategies to help him in these situations. He also knows now that there are other ways to communicate besides speaking which tends to be something he's not able to access easily in these moments of high stress, yet he has great strength in using gestures, body language, and use of customized visuals to assist him in self advocating which he's doing great with. His confidence when interacting & communicating with others has grown, he knows his feelings and is expressing them more, is interacting with more adults and some kids now, and is going to his pre-k class and participating in ways he's more comfortable. He is more willing to try to solve problems at home and try new things. He can play on his own now, and he doesn't become distressed when his mom goes to other rooms in the house or leaves the house.

**THANK
YOU!!!**



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HomeServices



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Broker

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SPOKANE, WA

The Spokane REI Network and Learn at the Greater Spokane Elks Lodge #228 is an opportunity to network with people who are into real estate on all levels. Everyone from the beginner who wants to learn as much as they can to people with multiple properties. Contractors, personal money lenders, wholesalers, and more come to network and create win-win relationships and partnerships.



Distressed Home
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Retirement or Downsizing
Death of a loved one
Inherited Property
Relocation network

We Have a SOLUTION

Please join us the last Thursday of every month.
9320 E Mission Ave Spokane Valley, WA 99206
6:00PM-9:00PM
For more information call Evette Wilie
509-879-2468

WE ARE HERE TO HELP



Advertise In The Newsletter
Call the office for more information (509) 926-2328

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day	2 Social Quarters 5:00 – 9:00 PM House Committee 5:00PM Board Meeting 6:00 PM	3	4 Avenues Private Rental 12:15 to 5:00 PM
5	6	7	8 Dinner 5:30 PM Lodge Meeting 6:30 PM	9 Social Quarters 5:00 – 9:00 PM Poker 6:00 – 9:00 PM	10	11 Avenues Private Rental 12:15 to 5:00 PM
12 Breakfast – 9:00 – 11:00 AM	13	14 Bingo – Doors Open 5:30 First Number 6:30 PM	15	16 Social Quarters 5:00 – 9:00 PM	17	18 Avenues Private Rental 12:15 to 5:00 PM
19	20 Martin Luther King Jr. Hoop Shoot Registration 11:30 Warehouse Athletic Facility Reservations for ENF Dinner due	21	22 Dinner 5:30 PM Lodge Meeting 6:30 PM	23 Social Quarters 5:00 – 9:00 PM Poker 6:00 – 9:00 PM	24 ENF Dinner – Doors Open 5:00 PM Dinner 6:00 to 7:15 PM	25 Avenues Private Rental 12:15 to 5:00 PM
26	27	28 Bingo – Doors Open 5:30 First Number 6:30 PM	29	30 Social Quarters 5:00 – 9:00 PM REI – 5:30 PM	31	