



THE LEGEND

February 2017

Newsletter of the Kinderhook Elks Lodge #2530



VEGAS NITE
Is The 2nd Friday
of
Every Month

Lounge Hours

Monday, Tuesday,
Thursday
4pm - 8pm

Wednesday, Friday
4pm - 9pm

Saturday 3pm - 8pm

Sunday
3pm - 7:30pm

Dining Room Hours

Wednesday Dinner
5:30pm - 7:30pm

Sunday Breakfast
8am - 11am

E R's MESSAGE

My Brothers and Sisters:

As I sit here writing my monthly newsletter, I can hardly believe that there are only two months left in this fiscal year for the lodge. Soon a new slate of officers will be installed for the 2017-2018 year.

January started out with our New Year's Eve celebration. I want to thank Heather and Jeanne for doing a lot of the preparation for the party and for all the members who attended and brought food. There were 30 plus people in attendance. Thank you to Rich Fisher for all his help and for bartending, also to Dave Travis for the free drinks that evening.

On January 14th, our lodge sponsored the District Hoop Shoot that was held at the Ichabod Crane High School gymnasium. There were approximately 26 boys and girls participating in the event. We were lucky enough to have two winners in Kinderhook that will be moving on to the State Regionals. Riley Strobel won in the girls 8-9 age group and Nick Franco won in the boys 12-13 group. Thanks to all the lodge members who helped at the school and to Jerry and Abby Shook who worked back at the lodge to prepare food for all the hungry players.

A thank you also goes out to Sharon Deck and Larry Knott for painting the backroom food pantry. Also to Frank Masten, who helped me replace the light bulbs in the sign, in the front of our parking lot.

I would like to report to our members that our Lodge Secretary and District Sponsor, PSP Jerry Shook, had a knee replacement recently. Jerry is doing well and we wish him a speedy recovery.

Upcoming dates to remember:

Nominations for Elk officers for the upcoming year, 2017-2018, will be at our regular lodge meeting on Monday February 13th, at 8:00 p.m.

PER Initiation of new members will Saturday, February 18th at 3:00 p.m. All members are welcome to come and congratulate these new members. Light food will be served.

Installation of New Officers and Awards will be Saturday, April 1st, (no this is not an April Fool's Joke), at 3:00 p.m. Everyone is welcome to enjoy this event, (members, friends and family), Full dinner will be served, please sign up in the book, with how many will be attending in your party, in the notebook in the bar area.

Chris Akers will be having his State Vice President Homecoming in our Lodge on Saturday, April 8th, at 5:00 p.m. Tickets are \$25.00 per person, see ER Steve or Leading Knight John Piddock for tickets.

ER Steve Race

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February Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Frank's Meatloaf	2	3 Philly Cheese Steak	4
5 3pm Super Bowl Party	6	7	8 Stuffed Shells	9	10 Gordie's Fish Fry	11
12	13 8pm Lodge Meeting	14	15 Chicken Cordon Bleu	16	17 Pulled Pork	18 3pm Initiation
19	20 1pm Blood Drive 8pm BOD mtg	21	22 Roast Port	23	24 Buffalo Chicken Salad	25
26	27 8pm Lodge Mtg	28	3/1 Broiled Fish			

Phases of the Moon: 3: 10: 18: 26:

Holidays and Observances: 14: [Valentine's Day](#), 20: [Presidents' Day](#)

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2016-2017 Officers

Exalted Ruler – Steve Race PDD – 758-1767
Esteemed Leading Knight – John Piddock - 758-2842
Esteemed Loyal Knight - John Colgan - 560-6747
Esteemed Lecturing Knight – Chris Bellingham – 758-2756
Esquire – John Deane - 758-7051
Chaplain – Sharon Deck - 784-3482
Inner Guard – Jean Engel - 392-9766
Tiler - Larry Knott - 758-7618
Treasurer - Joe Laviano, PER - 758-1741
Secretary - Jerry Shook, PSP - 828-5749
Trustee – Ken Withkowski (chairman) - 669-2843
Trustee – Tom Miglio - 392-8560
Trustee – Rich Fisher - 929-3971
Trustee – Ben McEwan - 930-7138
Trustee – Chris Akers PER - 858-7134

House Committee:

Dave Travis (Chair) 794-8427
Bob Hawver 758-9816
Roger Bradley 784-3263
PER Chuck Cotsonas 828-2507
Mike Aiello 758-1626
Bert Beach 784-2104
Chris Akers 858-7134

518 area code unless noted

FREE DRINK COUPON for “MEMBERS ONLY”

valid any dinner night of your Birthday Month
One coupon per member—Coupon good **February 2017**

Member Name _____

Bartender Name _____

Value: \$ _____

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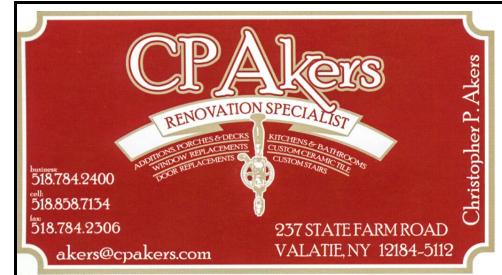
- Newsletter Articles:** Must be submitted by the 25th of the month to be included in the next newsletter. Email to deemgeorge@gmail.com
- The Legend** Is published 12 times a year by: Kinderhook Lodge #2530, P O Box 514, Kinderhook, NY 12106
- Newsletter Committee:** Chris Bellingham, Gordie Engel, Denise George, George Barilics, Advertising, & Jerry Shook, Circulation.
- Website:** www.kinderhookelks.org call Chris Bellingham at 518-610-1244 or email chris@chrisbe.net.
- Facebook:** Find us at “Kinderhook Elks Lodge #2530”.

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BPOE Links

- ⇒ [Elks National Website](#)
- ⇒ [Elks National Foundation](#)
- ⇒ [New York State Elks Association](#)
- ⇒ [Elks Member Benefits](#)
- ** [Become a member of the Elks!](#) **



North-Hudson Lodges - [District #6260](#)

- ⇒ [Brunswick Elks - Lodge #2556](#)
- ⇒ [Catskill Elks - Lodge #1341](#)
- ⇒ [Hudson Elks - Lodge #787](#)
- ⇒ [Red Hook Rhinebeck Elks - Lodge #2022](#)
- ⇒ [Rensselaer Elks - Lodge #2073](#)
- ⇒ [Saugerties Elks - Lodge #2574](#)
- ⇒ [Troy Elks - Lodge #141](#)

2017 LEGACY AWARDS CONTEST

Do you know a high school senior who is the child or grandchild of an Elks member? Encourage them to apply for the Legacy Awards contest.

Applications are due online on February 3, 2017 at 11:59 a.m. Central Standard Time.

250 students who exhibit the values of the Elks National Foundation will be awarded a \$4,000 scholarship to support their college education.

Follow us on social media for contest updates and Elks scholar news on [Facebook](#), [Twitter](#), [Instagram](#) and Snapchat (@ElksScholars).

<http://www.elks.org/scholars/news.cfm?StoryID=103082>

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Now accepting advertising!

When it comes to serving veterans, the Elks have a long and storied tradition of being there when they were needed most. Since we began, the needs of military members and returning veterans have continued to change, and the Elks have adapted to those needs, remaining an ever-present ally to those who have served this country.

To learn more about our past, [check out a timeline of the EN-VSC's history](#). To learn more about what the Elks are up to today, read about each of our programs below!

Questions? Email Vets@elks.org or call 773/755-4736.

Adopt a Vet:

Many older veterans in hospitals, VA homes, nursing homes and care centers have limited or no family nearby. Without social engagement and positive interaction, veterans' health can suffer and they lack support. The Elks family is all over the nation, and Elks volunteers can support local veterans by participating in the Adopt-a-Veterans Program and providing friendship and assistance.

<http://www.elks.org/vets/adoptaveteran.cfm>

The Elks are a committed partner with VA hospitals and facilities across the nation. More than 140 Elks serve as Veterans Affairs Voluntary Service Representatives, assisting hospitalized and recovering veterans by providing consistent comfort, support and friendship. Hundreds more help as Deputy Representatives, offering their time and talents to the more than 6 million veterans who visit VA facilities each year.

Thanks to our strong number of dedicated volunteers, the Elks are part of the National Advisory Committee for the VA Voluntary Service program, working together with other service organizations to constantly improve the VA's service to veterans.

The VAVS program is the Elks' most longstanding program for veterans, and the reason so many veterans, VA employees and their family and friends know about the Elks' commitment to serving veterans.

In 2015-16:

- The Elks have VAVS Representatives in **145** facilities.
- More than **14,000** Elks volunteered at these facilities.
- Elks served **278,262** veterans.

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The Hudson Valley Blue Star

Mothers is a group of women actively working out of the VFW in Hudson. Their main function is to raise money and receive donations of the items listed below and assemble packages to be sent to military personnel on active duty out of this country.

There is a box in the lounge for any items you can donate.

If you have a family member currently serving in this capacity, please send their name and address to Kinderhook Elks or contact Tom Miglio at 392-8560.

Hard Candy	Hand Sanitizer	Snack Food
Dental Floss	Nail Files	Gum
Dry Soup	Plastic Baggies	Nuts
Beef Jerky	Feminine Products	Tea
Pop-Tarts	Stationery / Envelopes	Razors
Canned Fruit	Books (crossword, Sudoku,...)	Lip Balm
Tuna Kits	Twizzlers	Tylenol
Coffee	Toothbrushes	Band-Aids
Deodorant	Toothpaste	Socks
Q-Tips	Granola Bars	Pens

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This is from "The Librarian's Cookbook." My copy was given to me by a friend who did the illustrations for the book. In my version, I mix the liquid ingredients and bananas, plus the baking powder and baking soda in a blender to get everything evenly distributed. I like to use golden raisins and I decorate the mixture with a line of walnut halves along the top before it goes in the oven. Contributed by Chris Bellingham

Here is a recipe for banana bread that has the strange quality of being both delicious and healthful. The bread is very good reheated; wrap it in foil to keep it moist when reheating, or reheat in a microwave oven.

Preheat oven to 350 degrees. Have ready a non-stick loaf pan.

- 1 ¼ cups mashed ripe banana (about 3 small or 2 very large bananas)
- 5 tablespoons + 1 teaspoon avocado oil (or any good vegetable oil)
- 3 large eggs
- ¾ cups water
- 1 cup whole wheat flour
- 1 cup unbleached white flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ cup chopped walnuts
- ½ cup raisins

Beat together the mashed banana, oil, eggs and water. Stir in the flour, baking powder, baking soda, and cinnamon. Add the raisins and chopped walnuts. Bake in a non-stick loaf pan at 350 degrees for about 50 minutes (until a knife stuck into the bread comes out clean).

Cool and slice.

12 Servings

Rita Auerbach



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