



# THE LEGEND

## Newsletter of the Kinderhook Elks

### March 2021



To my Kinderhook Elks Family,

Please let me take a moment to thank everyone for their support, their friendship, and all the help that has been shown to me over the past two years as I held the position of Exalted Ruler. I'd like to say the time flew by, which it did for year one.

Covid year was such a struggle!! but we kept our name out there we never stopped being there for our community and each other. We have lost so much this past year, not only friends and family members but some of the freedoms we all took for granted. Hopefully things will slowly get back to a semi-normal way of life if Covid has taught us anything it is not to take the small things for granted. Love one another let them know you care, forgive and forget, life is to short.

The Lodge needs you!! We are in need of officers, and people to help move the Lodge forward. Please step up and help. New ideas and new blood is always appreciated.

Spring is coming. Larry is taking donations for the Easter Bunny drive thru again. The kids loved it last year. We made and distributed almost 300 bags of candy. It was uplifting to see their smiling faces.

Thank you for everything you do for the Lodge and the community we serve.

Anne Marie Leiser ER



Every month is an opportunity to discover something or make a decision that will change your life forever. Don't miss it! Do whatever you have to do to make your life as exciting as possible. Happy new month!



# Antlers Up!

ER Anne, thank you for all your hard work and dedication to our lodge the last 2 years as our Exalted Ruler. We appreciate the sacrifices you made for the lodge and all us members.

ER Anne spent hours phone calling to bring in events, working on Marian Stegman, working alongside with the members during events, coming up with fundraising ideas, cleaning the lodge to ensure members stayed healthy when Covid first broke out, and bartending. The most heartfelt moment is seeing you make hours of phone calls reaching out to everyone when COVID-19 hit checking on their wellbeing few times last year. In all that she has done for the lodge, these are just a few things to mention. We truly appreciate you.





Save the Event Dates..... (see flyers in newsletter for all events)

**Sunday's** in March - Dave's Dogs & Wings 4p - 6:30p

Fish Fry **Friday's** - Every Friday until April 2nd

St. Patrick's Day Dinner - March 17th 5p-7p

Chicken Pot Pie Dinner - March 24th 5p-7p

Easter Bunny Drive Thru - April 3rd 9a—12p

Pot Roast Dinner - April 24th 5p-7p

Friday's Queen of Hearts drawing at 7p

Upcoming Lodge Meetings..... Please join us.

Member Meeting - March 8th & 22th at 7:30pm

Board of Directors Meeting - March 15th at 7:30pm



### North Hudson District #6260 2021 Calendar of Events



4/17/2021 DD Clinic

July 4th thru 7th 157th National Convention Tampa FL



## To All Members

**Time  
To Pay  
Your  
Dues**

Now that 2020 is finally over, it's time to start thinking about 2021. I am happy to report that 21-22 dues and assessments will remain the same. If you are still delinquent for 20-21 you'll be receiving a double billing in early February stating what you owe. Hopefully, the few delinquents still out there will realize what they will be forfeiting if they choose to drop out.

I know some of you will say "I never go to the lodge" or "never partake in the events" but you need to realize that by just paying your dues you help support all the community and local efforts we are involved in. Please consider remaining an Elk and pay your dues when called upon.

Thanks from the Office of the Secretary.



Connect with the Veterans Crisis Line to reach **caring, qualified responders** with the Department of Veterans Affairs. Many of them are Veterans themselves.

## Happy Birthday

To all our members born in March! We hope your special day will bring you lots of happiness, love and fun.

Don't count the candles,  
just enjoy the glow!

Wishing you a day filled  
with happiness and a  
year filled with joy.



## Kinderhook Elks



**Fish Fry, Mac Salad & Slaw**

**\$9.00 Take Out Only**

Add Fries for \$2.00

**Every Friday between**

**2/19 thru 4/2**

**4:30pm - 6:30pm**

**Dinner must be ordered NO Later  
than Wednesday before.**

**Stop in the Lodge between our  
hours of operation between  
4p to 7p to purchase your dinner  
tickets in the lounge.**

**You may also call ER Anne to place  
order at 518-758-2196.**

## 6 Ways to Reduce Stress

by @inner\_drive | www.innerdrive.co.uk

- 1 Remove uncertainty**  
How is this similar to what you have done before?
- 2 Be proactive**  
What can you do to improve the situation?
- 3 Reframing**  
View the task as an opportunity not a threat.
- 4 Best case scenario**  
Focus on what you stand to gain, not what you stand to lose.
- 5 Get a good night's sleep**  
It's the way the brain works, everything seems worse when you are really tired.
- 6 Talk to someone**  
Don't struggle in silence.

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## Donald Irving Arnold

OCTOBER 5, 1937 - FEBRUARY 9, 2021

Donald I. Arnold, 83 of Hutchinson Island, Florida passed away suddenly on February 9, 2021. He was the loving Husband to predeceased Eileen Arnold of 47 years, and beloved Father to Lynn Arnold of Ghent NY, Teresa Arnold of Clifton Park NY and Debora Arnold of West Palm Beach, Florida; Grandfather to Hailee Kuhner of Clifton Park NY, Dustin Kuhner of Valatie NY, and Great Grandfather to Londyn Griffin also of Clifton Park NY.

For those who knew Don he was a devoted family man, a loyal and dependable friend to many in NY and in Florida, a patriot having served 4 years in the Air Force, a generous volunteer of the Kinderhook Elks Club for over 25 years and an avid golfer; having had a "hole in one" on the 7th hole of the Saints golf course in Port St Lucie in 2007!

Quick to lend a hand when a friend, coworker or family member was in need, Don could always be counted on. He had a great smile, a gregarious nature and a distinct and contagious laugh. Everyone knew when Don Arnold was in the house!

He appreciated and encouraged community. Whether it was his brotherhood during his decades of service to Niagara Mohawk Power Co, his volunteering alongside his brothers and sisters at the Kinderhook Elks Club, or through his many acts of kindness towards his neighbors in "The Park" on Hutchinson Island or in the communities of Port St. Lucie; he was always "present" and enjoyed being part of something!

Don was of that generation that valued work (a company man for 36 years), respected women (chivalrous), the kind of guy who understood the significance of a handshake; and the value of "his word".

Although a modest/simple man, he instilled in all who knew him the value of fellowship, hard work, volunteerism, honesty, and most of all integrity. And yet with all of these qualities he still knew how to kick back (usually with a beer), enjoy himself and others! He will be missed...

In lieu of flowers friends/family can donate to: The Kinderhook Elks Scholarship Fund: 2790 Rt 9H, Kinderhook NY 12106, The Port St Lucie Humane Society: 8890 Glades Cut Off Rd, Port St. Lucie Florida 34986, or The Trees Remember <https://thetreesremember.com/memorial-trees/>

Memorial Service will be held March 14, 2021 11am at the St Lucie Elks Lodge 2290 SE Lennard Rd, Port St. Lucie, FL 34952

## Friday Fish Fry Kick Off



# Kinderhook Elks Easter Bunny Drive Thru



**Saturday, April 3rd 9a - 12p**

**2750 State Route 9H Kinderhook**

**We will be having a "Drive thru" to see the Easter Bunny.**

**Just drive-thru the lodge parking lot and wave.  
You will be handled a treat bag.**

**Minimal exposure, no one is getting out of the car while keeping the Easter spirit in kids hearts.**



## Thoughts Wanted...

Would you participate in events over zoom? If so,

- What would you like to do?
- Would you like a Zumba class?
- Would you like a cooking class?
- Would you like a children's reading time?

Send your feedback to [33frogsinatree@gmail.com](mailto:33frogsinatree@gmail.com) or see Tammy McDermott and let's try to get people more active.



- ♦ On May 9, 1961, the Grand Lodge Session created the "Americanism Committee."
- ♦ At the Grand Lodge Session of 1946, the word "God" replaced the words "a believer in the existence of a Supreme Being."
- ♦ In 1952, the Elks discontinued the use of a blindfold during the Initiation Ritual,
- ♦ In 1896 the American Flag was added to the B.P.O.E. altar arrangement.
- ♦ On July 5, 1903, the present Elks emblem was adopted.
- ♦ The scientific name for elk is *Cervus canadensis*.

## The Elk Colors

The Elk colors are Royal Purple and White, a combination deriving its origin from the history of the clergy, nobility and the people. Throughout Europe, the Orient and in Rome, the symbolism of colors was associated with severity of laws and customs.

Each color in each pattern was identified religious, or political, and to change or alter it was a crime of rebellion, a desertion of principles, party or cause. White denotes purity and absolute truth. When combined with Royal Purple it signifies the love of truth and the highest degree of virtue.

Purple is the badge of Kingship, the color for the robes of Emperors and High Priests, and signifies highest favor. Blending of White and Royal Purple indicates the favor of the people, which bespeaks the status of Elksdom.

\* From "An Authentic History of the Benevolent and Protective Order of Elks," by Charles Edward Ellis.

Will You...



## 60/40 Progressive Live Raffle

A drawn ticket will always be a winner Drawing Every Friday at 7pm.

You do not need to be an Elks member to play the game.

Proceeds benefit our community. Tickets available each night between 4p—7p in the lounge or call/text Tammy at 518-704-1866.

We will broadcast the drawing via Zoom for any tickets purchased over the phone.



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**Kinderhook Elks**  
**ST. PATRICK'S DAY DINNER**  
**TAKE OUT ONLY**

Pre-Sale - Dinner must be ordered  
NO Later than March 14th.

Stop in the Lodge between our  
hours of operation between 4p to  
7p to purchase your dinner tickets  
in the lounge. You may also call ER  
Anne to place order at  
518-758-2196.

Corned beef  
Potatoes  
Cabbage  
Carrots  
Roll  
Dessert

**5-7pm**  
**\$17.00 pp**

**March 17th**



# Bartenders Needed

Dave is looking for members who are willing to bartend. The customers are amazing. Job is easy.

No experience necessary.

You will have the best boss (Dave). Someone is always willing to help you.

Give it a try. Call Dave at 518-669-0155.

## Kinderhook Elks POT ROAST DINNER

**April 24th 5p - 7p \$15.00**  
**Take Out Only**

Pot Roast  
Red Potatoes  
Gravy  
Carrots  
Sweet Sour Red Cabbage  
Dessert



Pre-Sale Only - Dinner must be ordered NO Later than April 21st.

Stop in the Lodge between our hours of operation between 4p to 7p to purchase your dinner tickets in the lounge. You may also call ER Anne to place order at 518-758-2196.

## Kinderhook Elks Virtual FAMILY SCAVENGER HUNT

Join the party, mate!  
It's going to be fun!

**April 10, 2021**  
**Starting at 10a to 12p**

Everyone will be emailed the treasure items at 9:55a and off you go to take photos.  
Once you are complete with your list, email the photos to [33frogsinatree@gmail.com](mailto:33frogsinatree@gmail.com).

RSVP No Later than April 8th to the email above.

**1 family will win this event**




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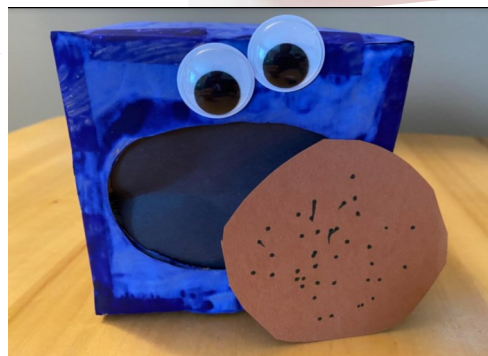
# DIY Tissue Box Monsters

## Contest Results

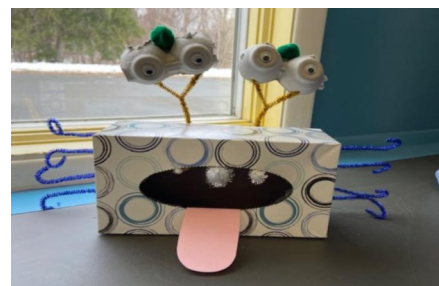


**Ava Alessi**

**1st  
P  
L  
A  
C  
E**



**2nd Place Owen Patterson**



**Mrs. Winter's Class 3rd Place**

**Look at these fabulous masterpieces. These kids are truly gifted.**

We held a tissue box monster contest. We wanted to see how creative our community kids can get. It was hard to decide who should win because really they were all just marvelous. So EVERYONE wins.

**1st place - Ava Alessi 2nd place - Owen Patterson 3rd place - Mrs. Winters Class**

Honorable mentions go out to Mickey McIntosh, Sierra Sundwall,  
Jackson Winnie, and Willie Xedis

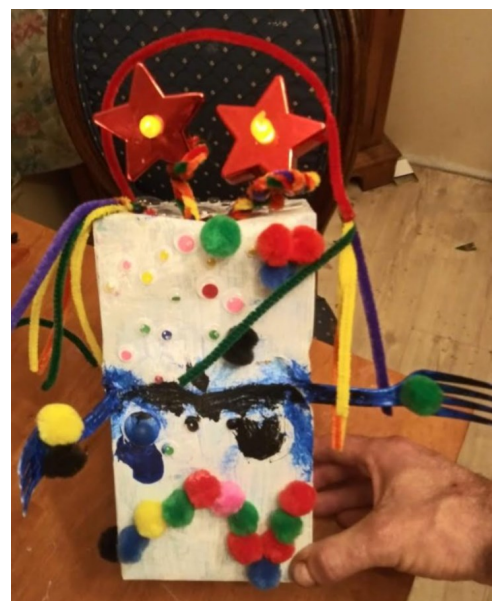
Congratulations to all the kids. Remarkable work!! Thank you for participating.



**The Legend**



**March 2021 Volume #289 Issue 105**



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# Grand Lodge News

## GRAND LODGE GOVERNMENT RELATIONS COMMITTEE

### Let's unite and help those in need

By **GLENN E. FOSTER**  
Committee Member

Last year was quite the contentious year. Wouldn't it be great if every American would have to abide by our membership obligation, "I will not permit any political..." If this rule was followed by everyone, imagine how great this country could be. Whatever your thoughts and beliefs are, this author hopes we can all get along for the common good, and that we can continue to live by the US Constitution, as written and approved by our founding fathers long ago.

With the pandemic continuing to wreak havoc on everyone around the world, we as Elks must not forget our goals to help our communities. An increasing number of people need assistance. I am sure many Lodges are struggling but we must not forget why we joined our Order. I hope one reason was to help our communities—not just because the Local Lodge has good food and good prices. Fundraising should be a key activity for

any Lodge, both to keep the doors open and for the good of the community.

This Lodge year is almost over. We must not forget to report all of our charitable giving. I am sure the donation numbers will be lower with many activities having been canceled.

If your state allows functions to be held, why not plan a St. Patrick's Day event at your Lodge, with all proceeds going to your State Association's major project. I am sure the funds raised will be greatly appreciated.

Also, now more than ever, we should count everything every Lodge has done: all volunteer work, miles driven, dollars given, hours worked, from both Members and non-Members. The value of any and all items donated should also be reported.

To the outgoing Lodge Officers, a big thank you for your year of service and dedication. For the incoming Lodge Officers, good luck, and thank you for stepping up. Hopefully the year ahead will be smoother sailing than the previous one. May God Bless America.



## DRUG AWARENESS PROGRAM

### Useful apps help with issues including stress, vaping

By **WILLIAM J. BRYAN**  
Assistant National Director

Although Elks range in age from 21 to triple digits, many of us who are technically challenged haven't quite mastered the cell phone. Phones can be a nuisance — such as at family gatherings, where everyone is staring at their phones and not socializing — but also beneficial. Did you know that you can use your phone to stay healthy?

There are apps to help you start and keep up healthy habits, like exercising and eating a balanced diet. Other apps are intended to assist with avoiding or quitting unhealthy habits, like smoking or using other drugs.

Here's just a sample of the health-oriented apps and online programs out there. All of these are endorsed by the Elks Drug Awareness Program, and they are all free.

#### Reducing stress

Breathe2Relax—The U.S. military designed this app, which offers breathing exercises that have been shown to reduce stress and help with managing anger and anxiety.

#### Stopping vaping

This Is Quitting—The Truth Initiative's text messaging program helps young people (ages 13 to 24) quit vaping. The program is tailored based on age.

#### Addressing bullying

KnowBullying—This one, from the Substance Abuse and Mental Health Services Administration, has resources for parents and caregivers who want to help build their children's confidence and discuss effective strategies for facing bullying.

The next time you see someone staring at their cell phone, oblivious to their surroundings, maybe they're just seeking to reduce the stress in their life... let's hope so!





Come on down to see us, place your order, visit with friends while you wait to take your meal home.

If you wish to just grab and go, please call Dave at 518-669-0155 and he will be happy to have your order ready for pick up.

## Gently Used Items

We are giving this suggestion a try.

This is intended to be a place where people discover, buy, and sell items. Sales of Certain items are not allowed.

Email [33frogsinatree@gmail.com](mailto:33frogsinatree@gmail.com) if you wish to place an ad.



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## Need a New Year's resolution? We have you covered!

2021 is here, but there's still time to make a new year's resolution.

Elks Lodges bring so much more to their communities than just a building, golf course or pool. They are places where neighbors come together, families share meals, and children grow up.

Elks invest in their communities through programs that help children grow up healthy and drug-free, meet the needs of today's veterans, and improve the quality of life.

When you see our meals posted, consider ordering or you may mail in a monetary donation at:

Kinderhook Elks Lodge No. 2530

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## Becoming a Member of Kinderhook Elks

To be eligible for membership in the Benevolent and Protective Order of Elks, you must be a citizen of the United States over the age of 21 who believes in God.

You can be sponsored by any member in good standing. You'll also need two other Elks who will be your references. The Elk who proposes you for membership will provide you with a copy of the Membership Application, or will email you a link to the online version of the form. Please follow all instructions and answer all questions. If applying via hard copy, please return your completed application to the Lodge Secretary.

Your application will be read at a regular Lodge meeting. It will then be forwarded to the Investigating Committee, who will call you and set up a time for you and your sponsor to meet with the committee so that they can interview you.

After the interview is concluded, the committee will report to the Lodge concerning your membership. The members will be given a notice not less than 10 days nor more than two months before the vote will be taken.

When the vote is concluded, you will be notified and asked to present yourself for indoctrination. During indoctrination, you will learn more about the Order's programs and charities. You will also be told the date of your initiation.

After initiation as an Elk, you can take part in all meetings and social functions of the Lodge.

If for any reason your application is rejected, you can submit a new application for membership after six months from the date of rejection.

If you have questions feel free to email us at: [editor@kinderhookelks.org](mailto:editor@kinderhookelks.org)



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## Phone Numbers

Lodge: 518 758-2530  
Office: 518 758-2538  
Emergency: 518 755-0344  
Fax: 518 758-1771 (Lodge)

## Mailing Address

Kinderhook Elks Lodge No. 2530  
PO Box 514  
2750 State Route 9H

2020 - 2021

*518 area code unless noted*

## Officers

Exalted Ruler: Anne Leiser 929-6174  
Esteemed Leading Knight: Frank Masten 755-5965  
Esteemed Loyal Knight: Tammy McDermott 704-1866  
Esteemed Lecturing Knight: Steve Everett 908-392-6318  
Esquire: John Deane 758-7051  
Chaplain: Sharon Deck 784-3482  
Inner Guard: Jeannie Engel 653-3906  
Tiler: Larry Knott 758-7618  
Treasurer: Joe Laviano, PER 758-1741  
Secretary: Jerry Shook, PSP 828-5749  
Organist: John Deane 758-7051



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## Board of Directors

Trustee – Ben Lasher (Chairman) 784-2032  
Trustee – John Sundwall Jr. 518-784-3600  
Trustee – Robin Howes 392-3578  
Trustee – Tom Miglio 392-8560  
Trustee – Chris Akers PER 858-7134  
Exalted Ruler: Anne Leiser 929-6174  
Esteemed Leading Knight: : Frank Masten 755-5965  
Esteemed Loyal Knight: Tammy McDermott 704-1866  
Esteemed Lecturing Knight: Steve Everett 908-392-6318

## House Committee:

Dave Travis (Chair) 794-8427  
Sharon Deck 784-3482  
Chuck Cotsonas PER 821-2367  
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## Newsletter of the Kinderhook Elks Lodge #2530

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Email us at [editor@kinderhookelks.org](mailto:editor@kinderhookelks.org)

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