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BROTHERHOOD IN ACTION

A Message From The Grand Exalted Ruler



On behalf of the Grand Lodge Officers, I wish to express our thanks and appreciation for the honor bestowed upon us at the Mile-High City, Denver, Colorado. As your duly elected officers, we pledge our dedication and service to our Order in the year ahead. We are grateful for your confidence and accept the challenge to lead Elkdom through its brightest year.

The great principles of our Order, Charity, Justice, Brotherly Love and Fidelity, have made us America's finest fraternal Order. Members from all walks of life have demonstrated to the people of this country that Elks are men of action. Our vast contributions to charity have captured the attention of our nation's leaders. Our spirit of patriotism and brotherhood has united us with groups of veterans confined to VA hospitals across the nation. Leading educators are now encouraging deserving students to contact the local Elks lodge for assis-

tance. Our multifaceted youth programs have captured the imagination of hundreds of thousands of young men and women in our communities.

Yes, my Brothers, the principles of our Order are firmly established and the structure for implementation is solidly in place. We, your Officers, with our enthusiastic and committed Brother Elks, eagerly accept the challenge of demonstrating to America that ELKDOM is indeed a BROTHER-HOOD IN ACTION.

Fraternally,

Peter T. Affatato



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Cover: GER Peter T. Affatato









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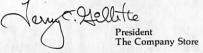


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ELIENIOSTELE

An Education Program for the Times

by Ron Chepesiuk

he students at Alfred University lives of such Black Hills' figures as all about. "Wild Bill" Hickok and Calamity students listen intently to a biology ing hikes and field trips.

hostel, and it is sweeping America's one in five of the population. educational landscape like contagion.

need for older people to continue experiencing something in education."

Elderhostelers literally roam the sities, folk schools and independent courses in the U.S., Canada, Mexico and overseas, including Bermuda, England, Scotland, Wales, Denmark and Italy.

Elderhostel has almost no strucin New York smile and laugh, splash- ture. It offers no courses for credit, ing in the water and throwing the Fris- no exams, no grades and no required bee, while music blares in the back- homework. Elderhostel is open to ground. They are learning aqui- anyone who is at least age 60, or to a exercise. Meanwhile, Black Hills spouse or companion of someone State College students trek the who is 60-plus, regardless of educawilderness area of the rugged South tional background. Participants Dakota Black Hills. They stop to don't have to be retirees, but most taste the region's history in a are. A few are closing in on retirefascinating program highlighting the ment and want to find out what it's

Elderhostel combines the low cost Jane. And 2,000 feet above sea level, of youth hosteling with the challenge in the lap of Mount Washington in of college courses and picks up where New Hampshire's White Mountains, most adult education classes leave off. It's a program for the times and professor explain the area's natural began when American society experihistory. The course includes demand- enced a major shift. At the beginning of this century one in 25 Americans The participants are students, to be was over the age of 65. By 1975 the near or in their 60s and part of the Looking ahead a half century to ronment. Their concerns and interests sure, but with a big difference. All are number had dropped to one in ten. same program. The program is Elder- about 2036, the elderly will comprise led to intense discussions, out of

In the fall of 1974, Marty Knowl- doesn't have to mean being put out to pasture. Education should be used to Last year alone nearly 100,000 ton, educator, social activist and Americans enrolled to take advantage world traveler, returned to New of an opportunity that provides conti- Hampshire from a four-year walking nued learning and personal growth. tour of Europe where he had ob-Katie Goldfield, an administrator in served adult-education programs. Elderhostel's main office in Boston, The spirit of involvement of older explained, "Learning should be a people in most countries he visited lifelong process. Elderhostel fills the impressed him. So did the youth had a mere five New Hampshire colhostel movement and its spirit of adventure. Determined to eliminate ticipants. Since then, Elderhostel has "a lot of negatives associated with taken off. Two thousand Elderhostelglobe, for the program is actually a retirement," he met with old friend ers enrolled the second year. By 1980 far-flung network of colleges, univer- and colleague David Bianca, director Elderhostel offered programs in all 50 of residential life at the University of states, as well as Canada, and had New Hampshire.

They both shared the belief that a The following year programs lifestyle should be actively engaged sprang up overseas in Great Britain with one's physical and social envi- and Scandanavia. This year an ex-

help older citizens in their search for

fulfillment and a feeling of self-

worth. They came up with a catchy

descriptive name "elder hostel" and

designed a program to fit the name.

The first year's program in 1975

leges offering courses to just 200 par-

over 20,000 participants.

Fiderhostel participants get an opportunity to meet other people their own age who have similar interests during a reception at one of the col-

As part of a course offered at the University of Arizona, these Elderhostelers took part in a botany field trip. (University of Arizona photo by Amy L. Carr)

Students participating in Elderhostel at Winthrop College tune in to the future as well as the past.



enroll in Elderhostel programs worldternational program governed by a board of directors comprised of edudustry, as well as individuals who have an active interest in life-long learning and the elderly.

Elderhostel spokesman Goldfield says, "It's true that we are growing by leaps and bounds. But what's amazing is that most people are finding out about Elderhostel by word of mouth. We don't have any formal ad- just a small percentage of that. vertising of any sort. The program is definitely meeting a need in American society."

Although headquartered in Boston. Elderhostel has tried to keep a grassroots approach to the program. "That helps to keep Elderhostel

pected 120,000 senior citizens will vital," says Goldfield, "We have a can't remember the exact number. cators and leaders from labor and in- Elderhostel program. This helps give ern U.S., and as far west as Denver. Elderhostel a personal touch."

tions. Most of the money collected to operate Elderhostel comes from participants, but the national office gets

"There is no way you can beat Elderhostel," says 74-year old Merle Eunice, also 74, are from Sarasota, Florida, and can be described as Elso many Elderhostel programs they

staff of about 35 people in Boston, But they know how to select them. wide. Elderhostel has become an in- but most of them deal with registra- They use three citeria-time, place tion. They are on the phone a lot talk- and content. Elderhostel has taken ing to people who want to enroll in an them all over the southern and east-

This spring they showed up at Win-Actually, Elderhostel has little cen- throp College in Rock Hill, South tralized control. Each state has its Carolina, with 46 other Elderhostelown director who is responsible for ers, to take courses in social psydealing with participating institu- chology, the Soviet Union from a geographer's point of view, and a music appreciation course on Bach and Handel. Participants came from 10 states and from as far away as Toronto, Canada.

The total enrollment was a little Medhurst. Medhurst and his wife higher than normal. An Elderhostel program is usually limited to between 30 and 40 people. Winthrop's Elderderhostel junkies. They have been to hostel coordinator, Diane Hockett,

(Continued on page 10)

THE ELKS MAGAZINE SEPTEMBER 1986

by John C. Behrens

IT'S YOUR BUSINESS

BACKING UP WITH GOOD BACKUP SYSTEMS

How's your business backup system? In fact, do you have one?

If a catastrophe happened at your place of business, would your records be at risk along with the building and contents?

In the old days, many proprietors relied on bookkeeping ledgers and such things as daybooks kept by longtime secretaries, but few had carefully documented backup programs. "We tried at one time keeping duplicates in longhand, typed and later, on microfilm, but we usually weren't consistent because it was too much work," an eastern

retailer said. He still doesn't have a reliable backup, he concedes.

The introduction of less expensive and easy-to-operate computer systems has alleviated such difficulties, however. So has the influx of a new genre of small-business managers—usually sons, daughters or relatives of firm founders—who have studied computer science in college. They believe change is inevitable and the introduction of systems helps them manage efficiently and better understand the business itself.

Larry Bull of Herkimer Petroleum in upstate New York, for example, saw the

value of backup in an experience he remembers well. It constantly reminds him of the importance of duplicating records of his business.

"A computer company employee accidentally dropped a disk of irretrievable data on the floor and the company had to have three employees work straight through a holiday weekend at its own expense to recreate the file," he recalls.

"You just can't afford to be without such backup today," he says.

Bull, who is president of the company, uses a disk-backup system that records transactions daily and at the end of each week. The separate disk is kept at the home of a key employee. Herkimer Petroleum, furthermore, has made arrangements with other area companies with identical equipment to prevent serious downtime or delays in case of emergency situations such as power outages.

Bruce Haning of Haning's Inc of Lancaster, OH, also believes in the value of such record-keeping. His company, a heating/plumbing firm in central Ohio, joined the growing number of small-business enterprises that are transferring daily entries and weekly records to disk for safekeeping. The permanent disk is kept off the premises as is payroll data. "We've been quite satisfied and we're going to add to it, of course," he says.

Philip M. Williams, president of the Utica School of Commerce, one of central New York's oldest and largest proprietary business-education institutions, has a more poignant reason for his videotape backup program. A fire that raged through the building that housed the college and some 60 tenants in April, 1978, nearly destroyed generations of college materials and records. Files of 225 students and nearly 15,000 graduates had been collected in ledgers that traced the history of the 83-year-old institution at the time. There was no formal backup system.

Williams' father, Roger, then president of the school, and members of a dedicated staff, spent nearly a year patiently drying and restoring college documents. Thanks to their painstaking daily efforts, the school didn't lose a page of its records "but it was an experience we won't forget," Philip says.

In 1981, USC installed its first computer system and, two years later, a video cassette backup was put in service. The cassette covers all of the college's records and currently has 20 megabytes on file in a fireproof vault on the premises. "We do backup work weekly, and we consider it a priority item. I'll take it home occasionally to make sure we're caught up," he adds.

While it's rare to find a business owner who opposes having a backup system, some grumble that such projects add to (Continued on page 9)

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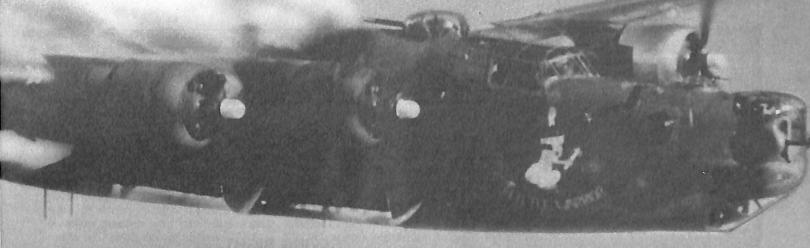
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YOU& RETIREMENT

by Grace W. Weinstein

SAVING SIGHT

The aging eye is the experienced eye. It's done a lot, seen a lot. But all too often, just when men and women are tooling up to gather the rewards of a lifetime of work, eye problems can crimp their lifestyle.

September is National Sight-Saving Month. What better time to look at what happens to your eyes as you age and at what you can do to keep them in top performing condition?

Vision problems, of course, can and do occur throughout life. But aging plays a major role in one of the nation's leading causes of blindness, glaucoma. It's a major factor in the formation of cataracts. And it contributes, as the name implies, to age-related macular degeneration, a deterioration of central vision that may make it difficult to read, sew or drive a car.

Glaucoma

One of every eight blind Americans is a victim of glaucoma; it is the leading cause of blindness in the country today. Yet the most common variety of glaucoma, if detected early, can often be treated and blindness prevented.

Glaucoma is characterized by increased fluid pressure within the eye, which destroys the optic nerve and vision itself. There are two types of glaucoma. The acute variety attacks suddenly and is usually accompanied by severe pain. The chronic variety develops slowly and may occur, subtly stealing vision, without any noticeable symptoms.

Neither type of glaucoma can be cured and sight, once lost, cannot be regained. But the progress of the disease can be halted. Prompt treatment can reduce the increased pressure and prevent vision loss. Medical treatment, via regular application of evedrops, works in many cases of chronic glaucoma. Surgical treatment may be necessary in acute delay.

The best defense against glaucoma is a professional eye examination every two years after the age of 35. A painless test can detect increased pressure in the eve before any damage is done.

Cataracts

Another important cause of blindness among adults, a cataract is the clouding of the normally clear lens within the eye. This cloudiness blocks some or all of the light rays entering the eye. If the cloudiness becomes extensive enough to interfere with vision, the opaque lens must be surgically removed.

The missing lens is then replaced with an intraocular implant at the time of the surgery or by prescription cataract eveglasses or contact lenses at a later date The operation is safe and highly effective, and many patients spend no more than a single night in the hospital.

Macular degeneration

Unfamiliar to most people, this condition is nonetheless a major cause of visual disability among older adults. The macula is the small area of the retina which is responsible for fine or distinct vision; degeneration of the macula results in gradual loss of central vision Total blindness does not result, but macular degeneration may cause people to see a dark spot at the center of vision; it may also cause straight lines such as flagpoles or the sides of buildings, to appear wavy.

In most cases, macular degeneration occurs gradually and worsens slowly with advancing age. In some cases however, it can develop very rapidly. It generally afflicts one eye first, with roughly a ten percent chance of the second eye developing the same disorder. There is no cure, but treatment (in some cases) and special vision aids may help.

Watch for blurring of type, dark or empty spaces in your field of vision. Or test yourself by viewing the Amsler Grid Chart in a leaflet provided by the National Society to Prevent Blindness (address below); if lines in the grid appear wavy or distorted, see an eye doctor without

Protecting your sight

While there is no cure for some serious eye problems, there are things you can do to protect your sight. The most important thing is regular eye examinations by a qualified eve professional. Early detection of potential problems can often forestall loss of sight.

Protect your eyes, both at work and at play. Quality sunglasses, screening the harmful ultraviolet rays of the sun, are a must on bright sunny days. Just don't wear them indoors or while driving through a tunnel. Choose gray or green lenses for maximum protection. And wear eve protectors with industrial grade safety lenses (marked Z87.1 on the frame) during home-handyman projects; these goggles can be purchased in hardware or variety stores. If you use prescription glasses, you can have a pair made with shatterproof lenses.

And remember: If eye injury or disease should occur, tremendous strides have been made in space-age medicine. The development of the laser, for example, has revolutionized glaucoma therapy. Lasers can also help to preserve vision for patients with diabetic retinopathy, a particular vision-destroying threat for diabetics, and in some cases of agerelated macular degeneration.

Many people have no problems with their eyes at all as they age. There are numerous documented instances of people in their nineties not even needing glasses. Most of us, however, do need reading glasses (at the very least) to cope with the lack of elasticity in aging eves that makes it difficult to adjust to close work. Many of us will also be bothered by "floaters," dancing dark spots before the eye that usually are insignifi-

But, since 55 percent of new cases of blindness occur in persons 65 and over. it's vital to pay attention to your eyes. Any symptoms-flashes of light, excessive tearing, blurry vision-should take you to an eye specialist without delay.

For more information, including a leaflet on the "The Aging Eye," send a selfaddressed stamped business-size envelope to National Society to Prevent Blindness, 79 Madison Ave., New York, NY 10016.

Business...

(Continued from page 6)

the avalanche of paperwork and create more errors and confusion than they're eventually worth.

"I worked for a firm that had backup and it simply gave us fits. Because of the nature of the business, several people were inputing the backup continually and, it seemed, interfering with daily needs. We had several secretaries so committed to backup that they made mistakes in their work near the end of the day because they didn't want to have to stay overtime to get everything done. They were competent people, but they were pushed to keep double programs and mistakes occurred. The mistakes didn't always show up right away and then we would spend considerable time trying to pin down the errors. We lost good people because of such confusion and tension," said a former vice-president of an eastern corporation.

He now has his own consulting firm and keeps his own backup plan...in a handwritten diary of daily transactions and entries.

The larger firms, however, have more problems with backup personnel than backup systems, it seems. One software company, for example, reports a meteoric growth in recent years because of the urgent need by customers for integration of systems in a usable fashion. Within some organizations, I'm told, the responsibility for maintaining sometimes proliferating systems is held by a tiny cadre of people...or merely one. When such persons are sick or go on vacations, some managements find themselves in company-wide paralysis.

"We had crisis after emergency because we had only one person who had

been in charge of our systems from the time the first one was installed. No one else wanted to get involved. More systems were added, and the result wasn't at all what had been expected. We've had high-level meetings recently to try to find a way to increase backup personnel to handle emergencies," said an executive of a laundry service where the computer systems had been centralized over the years. The firm is rapidly preparing a decentralized plan.

Ronald Torrence, in his book In the Owner's Chair, believes the real culprit in such scenarios is a managerial problem ...not simply backup-systems difficulties.

"If the owner feels overloaded with tasks: if the owner feels-based on the number of tasks left undone—that he or she will never get to some critical priorities: if the sales volume begins to slip because of what the owner hasn't been able to do; if profits begin to dip for the same reasons, then the business has gotten to the point where the owner must change his or her basic approach to management. The ongoing job of management has gone beyond what one person can do efficiently.

Backup is important...but not at the expense of other critical priorities, in other words. The question of backup, then, is as much a part of managing your business as it is keeping records of your enterprise.

"Backups are like dental hygiene," says Steve Elliott in a recent issue of the Alpha Micro computer newsletter, AMUS. "If you brush and floss regularly, you won't have much to fear on your next visit to the dentist. On the other hand, if you ignore the simple little acts of prevention, you may discover yourself facing those nasty curved pliers and the big drill.

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Elderhostel . . .

(Continued from page 5)

explained, "Elderhostel is getting so popular that colleges are finding it harder to keep the number below 40."

Not all hostelers came by car. Fern and Arthur Gemmill, both 88 years old, came 368 miles by bus from their hometown of Jacksonville. "Do you know how tough the state of Florida is on old people getting their licenses renewed?" asked Mrs. Gemmill. "My husband can't see too well anymore and the state took mine away, even though I have never had an accident in my life." Winthrop was the Gemmills' second Elderhostel program.

Last year their daughter drove them from Jacksonville to an Elderhostel program at the University of West Florida in Pensacola. "You get a chance to meet so many different, nice people and the courses are so interesting," explained Mrs. Gemmill.

Elderhostel normally runs from a Sunday night to a Saturday morning. During the week, Elderhostelers ate their meals in the student cafeteria, toured the town's museum, listened to the Winthrop archivist present an interesting slide show and talk on 100 years of the college's history, drank coffee in the student union and chatted with students the age of their grandchildren, attended a few music recitals and visited a local textile plant. At night some Elderhostelers could be seen heading across the street from the Winthrop campus to Daddy's Money, a disco frequented by Rock Hill's young people.

"It's a bargain anyway you look at it," volunteered 70-year old John Sword, a retired librarian and college administrator from Toronto, Canada. An all-inclusive fee includes registration costs, six nights accommodations, all meals, five days of classes and a variety of extra-curricular activities.

The Elderhostel brochure advises participants not to expect luxury resort hotels or gourmet dining, but according to veteran Elderhostelers, the food is good and the living quarters are comfortable. Most participating institutions put up Elderhostelers in college dormitories chosen because of their ease of entry and proximity to classrooms and dining halls. Although single rooms are usually available, participants may have to share a room with another person. Bathroom facilities are usually shared.

Hockett says that most Elderhostelers who complete the evaluation forms at the end of the week's activities usually complain mildly, not of too little, but of too much attention. Sword agrees and adds, "My big complaint is that we hostelers are overfed. Senior citizens don't need to have all that food. But, like anybody else, we will take advantage of the situation."

Elderhostelers say that the program offers many benefits besides the opportunity to learn. Some love to travel. Others thrive on the chance to meet other people their own age, hopefully with similar interests. Some seem to lose years just by the opportunity to be active again.

Many, such as Merle Medhurst, a former schoolteacher, have their own special reason for enrolling. "My whole life has been education and I guess it will always be," he explains. "Just because a person went through college, doesn't mean there's nothing more to learn. I like to travel to various colleges to see how they operate. Every one is unique in some way." John Sword says, "I've always been fascinated by the Southern Baptist tradition, and I came to Winthrop to find out first-hand what it's all about."

Elderhostel programs offer a wide range of courses in the liberal arts and sciences. Nothing is taboo for Elderhostel. Take last year, for example. The summer catalog lists such course offerings as "Your Own Life Story—Write It Down," "Fear and Loathing in New York City." "Body Awareness and Nutrition." and "The Zen of Seeing: A Workshop in Drawing." Regional courses have been particularly popular during the last few years. Last year, Elderhostelers could study such offerings as Allegheny crafts, the beauty of Niagara Falls, or the genius of southern literature.

The senior citizens who show up at the front gates of the colleges and universities aren't the only ones to benefit. Elderhostel uses otherwise empty facilities and brings in income. The program has attracted much attention from the media and can make a host institution known to a wider public.

Hockett says this is particularly true for small colleges. "Elderhostel showcases a college that might not otherwise be seen. People traveling through the South normally stop at a

(Continued on page 37)

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NEWS#LODGES

MONROVIA, CA, Lodge led the City of Monrovia Centennial Year Parade with a combined birthday celebration marking the centennial year of the Statue of Liberty, the City of Monrovia and the 118th anniversary of the Order of Elks.

Riding on Elks Statue of Liberty float were PER Vern Hayes; Loka Sparrowk, Emblem Club pres., Trustee Chm. Harry Caldwell and his wife, Olga; PDD John Hudson and his wife, Eunice: Est, Lead. Kt. Jack Fifer; and Letha Perry, Emblem district deputy.

The daylong celebration was launched with the serving of breakfast at the lodge to over 500 people. Hundreds viewed the parade from the Elks' front lawn, and the lodge served hamburgers, hotdogs and soft drinks during the day. In the evening a barbequed steak dinner was served and a band provided entertainment for community residents.

MANILA, RP. ER Virgil Springer, PERs Stanley Phillips, Richard Hart, Harold Bonyai and members of Manila Lodge attended Memorial Day services and wreath laying at Manila American Cemetery and Memorial. Honored guests included President of the Republic of the Philippines Corazon Aquino; US Ambassador to the Philippines Stephen Bosworth, military leaders of both countries and veterans

KODIAK, AK, Lodge held a dedication ceremony at Ft. Abercromie in Kodiak for the veterans memorial plaque donated by lodge members. U.S. Sen. Frank Murkowski participated in the dedication.

SAN JOSE, CA, Lodge presented \$20,000 to the California-Hawaii Elks Association Major Project at the annual convention. Of this amount, \$9,000 was contributed by the Ladies of San Jose Lodge as receipts from their 25th Annual Fashion Show.

Over the last 25 years, the fashion show has produced \$125,000 for the state Major Project, aid for physically handicapped children by professional therapists.



Monrovia, CA

MEDFORD, OR. At the recent Oregon State Elks Association Convention in Medford, lodges from throughout the of Springfield Lodge. state gave \$45,000 in support of research and clinical care at the Oregon Health Sciences University's Elks Children's Eye Clinic. Oregon Elks have contributed over \$3 million since the formation of the program in 1949.

Dr. Leonard Laster, university president, is shown accepting a donation on 67 years.

THE ELKS MAGAZINE SEPTEMBER 1986

cake. Brother Tobin has been an Elk for

FOREST GROVE, OR, Lodge honored Brother Tom Tobin (right) with a 90th birthday celebration. State Sponsor PGER Frank Hise (left) helped cut the

behalf of the institution and the Elks

Visual Committee from Mrs. Leilani Platt



Forest Grove, OR



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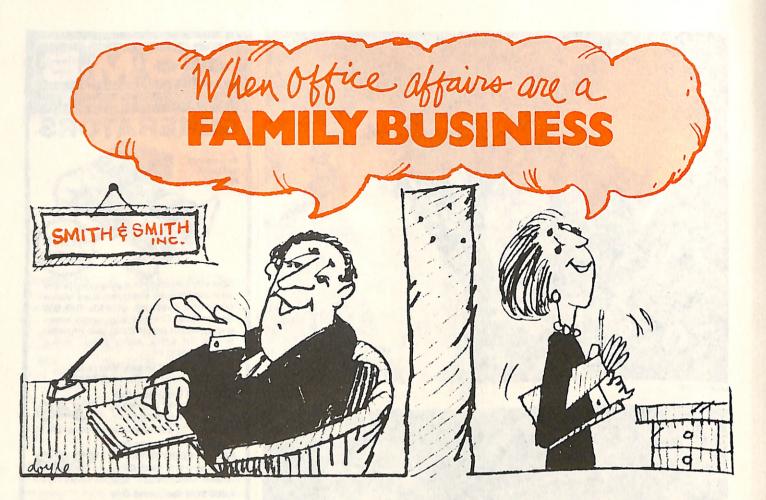
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by Sharon Olbert

Dr. Lloyd Smith is a gregarious management of full-time togetherness Day of Time Out Counseling Center Tucson dentist who likes to put his in husband and wife business arpatients at ease before performing his rangement. oral maneuvers. He tells them that his pretty blond receptionist, Carol, is ness once before but, "It was a disthe only receptionist he's ever found aster!" They planned never to work several years in a blissful relationship who'd go to bed with him. When they together again. But a few years later until she quit to raise kids. finish chuckling in embarrassment, Lloyd needed a receptionist, and

years and have worked together fulltime for nearly six consecutive years. They are one of Tucson's many sucteams.

Though no one seems to know exactly how many such businesses exist fore. She admits it was a job with one another. in the United States, it is estimated by an economist with the Small Business Administration that about 20 percent of the 10,685,000 sole proprietorships in the United States are owned and from Carol then-much more, he not sure of your decisions, it prooperated by a husband and wife says, than from an outside employee. motes defensiveness." You have to team.

ners cope with all that full-time other." They each have their own dotogetherness? Six happy couples, main at work and don't interfere with been a key factor in the success of whose ages range from mid-30's to mid-50's, and two marriage counselors shared their personal secrets and professional advice for successful

he explains that Carol is also his wife. Carol agreed to fill in temporarily unfessionally and personally, Dr. Day The Smiths have been married 15 til a new one could be found. After one month of interviewing prospects, sion about who to hire. "Yes," he ship. cessful husband and wife business said. "You." Why does it work now when it didn't before?

which she'd had no experience and one she thoroughly disliked. It forced key personality traits for achieving them to work too closely. Lloyd con- this ingredient is having an adequate fesses that he demanded too much personal ego. "If you're fragile and

How do mom/pop business part- close but not right on top of each be competitive. one another's duties, a key factor to their business, Diversified Arts, a their present success, they believe.

who stated, "Running a business together as a husband and wife can be a The Smiths tried full-time together- heaven or a hell." He and his wife.

Based on his experience both prohas discovered some of the keys that unlock the pearly gates to a heavenly Carol asked him if he'd made a deci- husband and wife business partner-

He agrees with the Smiths. It's best if you each have your own aspect of Carol was his dental assistant be- the business and don't interfere with

According to Dr. Day, one of the "Now," explains Carol, "we're feel good about yourself. You can't

Ned and Jeri Haag believe that's wholesale art dealership they started One of the marriage counselors in- from their kitchen table in 1978. Now terviewed is Psychologist Dr. Jerry they're settled into a 6,000-square-

to be much better than that in a family business." He illustrates his point by saying, "Don't be like the old apple grower who said, 'Dang it, Maggie, I love you so much it's all I can do sometimes to keep from telling you.' "

Don Green, co-owner with his sparkly wife, Linda, of Green's Office Products says, "I happen to love my wife, and that helps a whole lot."

He further shares that since they've been working together he's learned to admire Linda's business sense and, he smiles at his wife and says admiringly, "I can count on her 100 percent."

They do not meet the criterion of having different duties. They didn't plan it that way, but it's worked out so that they both manage their retail store, sharing the duties equally. Neither one had experience in managing a retail store or owning a business before they opened their store three years ago, after being married less than a year.

Their success may be attributed to their zealous enthusiasm and passion for their business. They have very little leisure time, often working until 10:00 or 11:00 p.m., sustaining their hunger with pizza.

Talking about their business seems to be their favorite topic, explaining that they both are dedicated to a service-oriented philosophy for their store: Whether a customer wants a paper clip or a typewriter, providing personal attention in a friendly plea-

(Continued on page 17)

Members Administrative duties, and purchasing. Jeri praises her husband's business skills saying, "Ned is really good at book work and stails and I'm not the least bit insted in that'"—exemplifying 'ver element in Dr. Day's formula 'cess—respect and admiration. 'very important if you work 'o have respect for one feel that the other one of not only should you tt, it's very important it. Build on your Day. This fall, head for fascinating warm-weather destinations aboard sagafjord and Vistafjord, ratio has a family periode. The province of the province

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ON TOUR WITH

JOHN T. TRAYNOR





Then-GER John T. Traynor and his wife, Jane, were present at Richmond, CA, Lodge to participate in the dedication of a new building addition and to celebrate the 75th anniversary of Richmond Lodge.



At the Oklahoma Elks Association Convention in Oklahoma City, then-GER John T. Traynor (left) congratulated PER Henry Kraus of El Reno Lodge. Brother Kraus was installed as the new state president.



Then-GER John T. Traynor (left) attended the Florissant, MO, Lodge dedication ceremony for the new lodge building. Also pictured from left are ER Charles Aue, PGER Edward McCabe, and then-SP Lester Bohle.



During a banquet hosted by Glen Burnie, MD, Lodge, then-GER John T. Traynor (second from right) was made an honorary citizen of the state of Maryland. Gov. Harry Hughes (right) is shown presenting Brother Traynor with the certificate. Also pictured are PER Tom Rabickow, banquet chm.; and Kara Cortina, local "Hoop Shoot" Contest winner and representative to the statewide competition.



Then-GER John T. Traynor (left) was present at the Idaho State Elks Association convention for the presentation of the Hall of Fame Award to Brother Earl Summers (second from left). The award is made for outstanding service to the Idaho State Elks Association. Also pictured from left are PGER Frank Hise and PDD and PSP Robert Jahn.

Family Businesses . . .

(Continued from page 15)

sant atmosphere is the key to their success, they believe.

But Don, a good-natured former beer salesman, says that one of the advantages to working with your spouse is "You don't have to wait until one or the other gets home from work to share something special."

Both the Smiths and the Haags also exhibit the quality of respect and admiration. Ned Haag attributes his company's success to his wife's talent. "I think Jeri's ability to define what's marketable is the cornerstone of our business," he says.

Lloyd Smith admits that he could no more to Carol's job as a receptionist than she could do his job as a dentist.

Family Therapist Joan Kay Beigel of the Center for Family and Individual Counseling gives advice for couples wanting to avoid the hellish type of mom/pop business: "Keep the bedroom off limits."

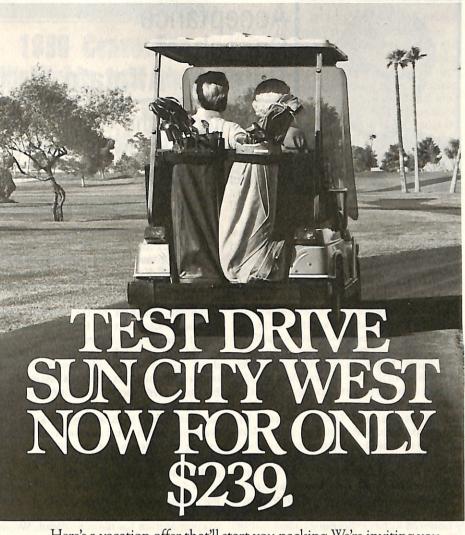
She also recommends that each individual has his own separate aspect of the business, but she admits it doesn't always work out that way, because the one person usually invades the territory of the other. "Like an ice cream cone, one person's flavor generally drips over into the other's."

The same is true for problems at home, she says. "If one person is mad because they had to carpool the kids and the other didn't, for instance, it can drip over into the business and create problems."

What often happens, says Beigel, "is that spouses who share a business together have nothing else to talk about at home except business. They destroy their marriages by bringing business home, and they destroy their businesses by bringing marital problems to work."

Bob and Sherry Hagen, co-owners of Entre Computer Center, anticipated this pitfall before setting up their shop. They vowed to keep business matters at the office and domestic problems at home. They also have totally separate business tasks. They discuss business decisions with each other and fellow employees, but final decision-making power rests with Bob because they believe it's important for one person to have that power.

(Continued on page 20)



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Acceptance Speech of Peter T. Affatato

Presented at the Grand Lodge Convention following his election to office of Grand Exalted Ruler on July 14, 1986

It is simply impossible to describe the who made it all possible, my good friend few moments. It is an experience that sor Dr. Leonard J. Bristol from Saranac would move the giants of the stage, and it Lake, New York, Lodge No. 1508, who certainly is an entrance that I shall never forget. I thank you one and all.

I am fully aware of the responsibilities of this office, and I pray that God will continue to help and guide me in discharging the duties of the office of Grand Exalted Ruler. I shall do all within my power and ability to justify the confidence and support each of you has demonstrated this

The distinguished Senator Alfonse M. D'Amato from the state of New York traveled to Denver last evening and will return to the East Coast this afternoon. On behalf of the 85,000 Elks in the Empire State, I express thanks and appreciation for the glowing nominating speech just delivered to this convention. I am truly honored to have this outstanding public official nominate me for this high office.

To Father Francis A. White who served as our Grand Chaplain several years ago and my good friend, Past District Deputy Monroe E. Lewis of Massapequa Lodge, I extend thanks and appreciation for your seconding remarks. You two wonderful men are responsible to a great extent for what has happened this morning-Father White with his prayers and Monroe Lewis with his sage advice and counselling.

My dear friends, no Elk reaches this plateau without the support, confidence and guidance of his Grand Lodge sponsor. During my 36 years in Elkdom I have enjoyed the privilege of having four Grand Lodge sponsors who counseled, advised and directed my activities in our order. I would like these proceedings to reflect my appreciation to these gentlemen, for members of their families are still interested and active in Elkdom. Past Grand Exalted Ruler James T. Hallinan of Queensboro, New York, Lodge No. 878 was my first sponsor, and thereafter Past Grand Exalted Ruler George I. Hall of Lynbrook, New York, Lodge No. 1515, both dynamic leaders in Elkdom. One of the finest Grand Exalted Rulers ever to serve came from Oneida, New York, Lodge No. 767, and Past Grand Exalted Ruler Ronald J. Dunn was my third sponsor. With us today is the man

emotions that have engulfed me in the last and mentor for the last 20 years, my sponserved in 1978-79 and is the jurisdictional advisor in Area 1.

> To the members of the Grand Lodge Advisory Committee, I extend my sincerest thanks and appreciation for their confidence and endorsement of my candidacy. Assembled on this stage this morning are the most dedicated Elks in all of Elkdom. Men who have attained the highest office in our Order but never cease giving their time and ability to keep our fraternity strong and progressive. It is my prayer that God watch over them as they carry on their duties for the Benevolent and Protective Order of Elks.

> To Grand Secretary Stanley F. Kocur, my sincerest thanks for the splendid cooperation in assisting me and my secretary in the preparation for the year ahead. We are extremely fortunate to have this dedicated gentleman as our Grand Secretary, for his office is the hub of our operations in

No man ever ascended to this high office without the support, confidence and understanding of a patient wife. For over thirty-five years Elkdom has been a substantial part of our lives and Irene has never uttered one word of complaint. To- those who have preserved it for all Elks to presence of you fine American gentlemen. I gratefully express my appreciation and love to the lady who will travel across chitectural beauty. America at my side-my lovely wife Irene.

As I worked my way through the chairs at Hicksville Lodge, my two daughters lis-responsible for the successful operation of tened to and memorized our ritual of initiation, night after night. There was a time when they could deliver the charge better than their father, and I am so happy to have them with me today-my daughters Irene and Anne together with my son-in-law Tom Burkhard, my brother Michael and sister Lucille and their

No candidate ever received greater support and friendship than I received from my Brothers at Hicksville Lodge and from across the state of New York. They have been loyal, devoted and completely enthused over my candidacy, and I shall always be grateful for their confidence.

This past year our Order has been led by a distinguished, dedicated and loval American gentleman, my good friend Grand Exalted Ruler John Traynor. One year ago, he pledged himself to the task of insuring Elkdom's growth and stability. It will not be easy to follow this fine leader. for he has traveled extensively across the nation and has inspired thousands of our Brothers. Both Jack and his lovely wife Jane have been of tremendous assistance to Irene and me in preparing for the year to come, and I consider it an honor to have been elected to succeed him in

Let us for a few moments, my Brothers. discuss the year ahead and the imposing challenges we face together as a team. Our Order now has over one million, five hundred thousand members in over 2,400 lodges, and you must agree that Elkdom is no longer to be considered just another group of men who meet periodically to socialize. Elkdom today is big business requiring today's technology and expertise We must utilize the vast amount of knowledge that is presently available to modernize our lodges and attract young men to our rolls.

Our magnificent headquarters in Chicago stands as a monument to the dedicated Elks who planned its construction and to day, in this vast auditorium, in the enjoy as a symbol of freedom. Thousands of visitors each year visit our Memorial Building and marvel at the artistic and ar-

> Our team of Exalted Rulers are the managers of over 2,400 lodges and are their offices. This is no easy task, but your job will be much easier if you use the informative manuals available from our Grand Secretary.

To the District Deputies who will shortly assume the responsibilities of office. I ask that you be the leader who leads. Your office is vital to the success of the Grand Lodge Program; and while you will never receive the unanimous acclaim of those you lead, you must strive to obtain their unanimous respect. You are truly the direct representative of this office in your district and endowed with the responsibilities and authority to efficiently carry out your duties.

My friends, it is impossible to touch upon all the fine programs of Elkdom in the short time allotted this morning. Our committees and agencies do so much good for America that scores of volumes would be required to record our accomplishments. Permit me, however, to touch upon just a few of these activities. It is my hope that someday during your

travels across America you will find the opportunity to visit our beautiful Elks National Home. Located in the sprawling hills of the Blue Ridge Mountains at Bedford, Virginia, it serves as home for over 250 senior members of our Order. These fine gentlemen, in the twilight of their lives, have left their former homes and have taken residence with their Brother Elks from every state in the nation. How proud each of you would be to observe these men enjoy life amid the serene and beautiful hillsides—a home where they live independently and with dignity. A home where they are constantly attended by dedicated servants and concerned personnel. A home where, once again, they can smile and associate with colleagues who enjoy similar interests and pursuits. Yes, my Brothers, you make all this possible through your membership in the great fraternity called Elkdom.

How many times have you heard the pledge "So long as there are veterans in our hospitals, the Benevolent and Protective Order of Elks will never forget them"? Our Elks National Service Commission still honors that pledge and has brought laughter and fun into the lives of our hospitals. What a truly remarkable tivity. record of service and dedication to those who gave of themselves so that we may remain free people.

The "Great Heart of Elkdom" continues to spread millions of dollars each year to needy students, to gifted young men and women who will lead our country in the future. Just the other day I read in the Los Angeles Times that a young cadet from Santa Ana, California, graduated at the top of his class at West Point last month. This fine young man was the Scholarship several years ago. Doesn't this type of news make you feel proud of your membership in this order, my good Brothers?

Our Drug Awareness Program is a vital and growing source of information to the communities of America. No public enemy has the ability to threaten and destroy the lives of our young people faster than this plague upon our society. We have made great progress during the past years, but so much more is required of us. We must inform the public, educate potential users, and pressure our elected officials to deal harshly with pushers and purveyors of drugs. I will tell you this, my ments of yesterday—we must turn our atgood friends: If my nominator had his way, these dealers of death would be jailed and the key thrown away.

1986 Convention Highlights and photo coverage will appear in the October issue

Across America our Youth Activities Program has been recognized for its impact upon boys and girls of all ages. Scouting troops, bowling, baseball, footfor youngsters in our communities. We reach millions of children each year, and our money could not be spent on a more worthwhile project.

bine to make Elkdom a vital force in our nation, and these programs are planned and executed by dedicated Elks under the leadership of our committee chairmen. strong as our individual lodges make it project which attracts our fellow resi-

have you asked yourself "Why did my friend drop out of the lodge?" Let us start right now to make it interesting for your friend to stay in your lodge. Are you willing to sell Elkdom to America? You and I together? Are we willing to tell the young men in our communities that ours is an Order that has donated over 61 million and patriotic activities in the year 1985? recipient of our Elks National Foundation That the students of our communities received over two million dollars in scholarship funds from our National Foundation? Aren't you proud that three million boys and girls were touched by Elkdom in our National Hoop Shoot Contest? Elk-CAN stand tall when speaking to our Order, and by preaching Elkdom, my Brothers, we will encourage thousands of fine young American Gentlemen to join us and thousands more will seek us out once our story is told. Let us not be reticent, bashful, afraid or reluctant.

We cannot dwell on the accomplishtention to the challenges of tomorrow. Together, you and I, we can make our Order stronger in the service of humanity all.

and elevate it to an even more respected place in the opinion of our fellowman.

It has been said that fraternalism is the basic foundation of Americanism. From the first days of time, fraternalism has been a dominating factor in our society and Elkdom is a society of friendship. There is no fraternal group in America that surpasses our Order in the support of patriotic responsibilities as citizens of this great nation. It is my hope to bring about an increased awareness of our presence in the communities of America. I urge you to speak and spread the gospel of Elkdom-tell America that we are concerned that our crippled children may walk again; that the sightless may see; that the deaf may hear; and, most importantly, that the hungry may be fed.

Our Order has always been a strong and essential bulwark in the pursuit of liberty ball and basketball leagues, all combine to and freedom. We have contributed much provide some type of wholesome activity to America in 118 years and should be justly proud of our record of service. Today, my Brothers, technological advances have astounded the imagination. Our standard of living far exceeds that of any The activities I have touched upon comnation in the world, and we live in an era that challenges outer space and the sciences. But we must still be constantly on guard against those who would destroy the freedom we cherish so dearly. We are Grand Lodge, my Brothers, is only as constantly engaged in a cold war with the Communistic forces in the world. Our nathrough their strength and local pro- tional fiber is being tested daily in the grams. When a lodge has a community struggle of power and balances. Today, we Americans still enjoy our democracy dents, you will surely find interested men based upon the ballot box and not upon thousands of veteran patients confined to who would like to become part of this actual the strength of ruthless madmen exercising death-dealing force to consume the We believe in Elkdom—you and I—it is will of its people. Our Americanism Coma major part of our lives, and how often mittee will be hard at work this year to quicken that spirit of American patrio-

> And there, my Brothers, are the challenges we face in 1986-87, and together we shall meet them one by one. We will inform America that Elkdom has one million, five hundred thousand men from all parts of the nation who are Committed dollars in charitable, educational, welfare to Effort and Enthusiasm, who are determined to Reach Out and Build A Better Elkdom, who are proud to Tell America About Elkdom, and who are willing to serve America because they Care and are ready to Share.

> One million, five hundred thousand American Gentlemen determined to retain dom CAN be preached with pride: we the values of our democracy and dedicated to keeping America strong and vigorneighbor about the good works of our ous; A group of men united in this Brotherhood known as the Benevolent and Protective Order of Elks.

To enjoy Elkdom is to love it and I want you to love it with me.

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It is our Order;

It is our Elkdom;

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Thank you and God bless you one and



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Family Businesses . . .

(Continued from page 17)

The Hagens further believe in the necessity of total commitment. They are willing to sacrifice having children and leisure-time activities for the sake of the business and to gamble on losing everything if it should fail. In that case they would have to start over. but Bob says they have confidence in their ability to do so. Both had succesful careers before and believe they have the ability to succeed againfulfilling Dr. Day's key personality factor of having confidence in your-

But the Hagens had experience working together before opening their computer store in 1983, so they knew they could manage full-time togetherness, which they say was an important factor in their decision.

When asked about vacation time Sherry replies, "Vacation? What's that?"

But Dr. Day says it's important for a couple to plan to have fun together. enjoy being together and have a good sense of humor.

Janet and Bob Williams meet all three of those criteria. "If someone calls and wants to speak to the owner or manager," says Janet laughingly. "I give the phone to him. But if he answers, and he doesn't want to talk to them, he gives the phone to me," They own the Palo Verde Barber Shop, where they both work as fulltime barbers.

Janet claims that one of the advantages to sharing a business is that if you need time off, the boss understands. One of the disadvantages is not having the health insurance and other financial benefits offered by large corporations.

The Williamses are proud of their old-fashioned type barbershop where they've worked together for nine years. "The only thing it lacks," boasts Bob, "is the checkerboard and the potbellied stove. It's a man's domain. This is the only place a man can come and for \$4.50 get fifteen minutes of individual attention." But Janet, whose clean, wholesome appearance is intensified by her short, wavy hairstyle and broad friendly smile, believes that her presence makes mothers of young customers feel more comfortable when the shop is filled with men.

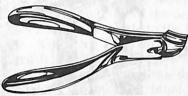
In addition to raising two sons, (Continued on page 27)



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Vitamin supplements retain full potency for a year. Even if you have a supply on hand, it's a good idea to buy at these low prices and pocket the difference.

BY MAIL FROM

LEE NUTRITION

EPA CAPSUL

THE MOST WANTED POTENCY

\$2.89 \$6.25

Pure

Lecithin

1 Lb. 2 Lbs. 2.98 5.49

Since it has now been determined that EPA is very effective, we are offering unsurpassed quality EPA capsules at very low prices. Each sealed capsule contains 180 Mg.

of EPA plus 120 Mg. of DHA. We are currently filling orders from individuals, doctors and hospitals. Others charge up to \$19.00 for 100 capsules of this potency.

100 for 4.95 200 for 9.50 400 for 17.85

Special Offer from Bob Lee COMPARE ANYWHERE 500 MG ☐ 100 for **87**° VITAMIN □ 500 for 3.99 WITH ROSE HIPS OFFER 1000 for 7.59 EXPIRES MAIL COUPON WITH ORDER LIMIT ONE OF ANY SIZE TO A FAMILY

CALCIUM 600
PLUS VITAMIN D
Each tablet contains 1500 Mg, of Calcium Carbon-ate which supplies 600 mg of elemental calcium plus 125 iu. of Vitamin D to help Calcium absorbtion. Same potency as CALTRATE* ob plus Vitamin D selling at \$6.84 for 60 tablets. Our prices—

60 TABLETS 3.00 120 TABLETS 4.50 240 TABLETS 8.00 19 GR. 1200 mg HI-POTENCY

LECITHIN 100 CAPS **109** 500 FOR 4.95

HIGH POTENCY

VITAMIN B6

GRAPEFRUIT DIET PILL PLAN AND LOSE WEIGHT FAST

Contains one of the strongest diet aids available without prescription. Includes modern, effective diet plan that lets you enjoy 3 delicious meals and snacks everyday as you lose weight.

90 FOR 2.98 250 FOR 6.00 500 FOR 9.85

CHILDREN'S NATURAL CHEWABLE VITAMINS 100 TABS 125 500 FOR 5.49

ALFALFA Tablets TABLETS 38° 500 FOR \$1.55 1,000 FOR \$2.89

GARLIC OIL CAPSULES

OFFER

Special Offer from Bob Lee

TABLETS Laboratory tested Capsules 79¢ TABLETS 43¢ 1,000 for \$1.79 500 for \$3.19

9/30/86 MAIL COUPON WITH ORDER

COMPARE ANYWHERE

□ 100 for **1.45**

□ 500 for **6.99** I

□ 1000 for **13.95**

250 MG. CAPSULES | 500 MG. CAPSULES ZINC \$2.75 \$4.95

10 MG TABLETS 100 TABLETS 37¢ 1,000 for \$3.49

400 UNIT

VITAMIN

CAPSULES

LIMIT ONE OF ANY SIZE TO A FAMILY

HERBAL DIURETIC 100 **\$149** Tablets 500 for \$5.99

KELP 100 TABS 35¢ 1,000 for \$1.50

DOLOMITE

VITAMIN

A 25,000 UNITS 100 \$119 FOR

Multi-Minerals

TABLETS 98¢ 500 FOR \$4.75 | 500 FOR \$4.50

BONE

MEAL

9 Vital Minerals | HIGH-FIBER FIBER TABLETS

combines the 6 highest fiber sources in every tablet 150 TABS 2.49 300 TABS 4.50 600 TABS 7.85

VITAMIN

A & D

TABLETS

(5000A, 400D)

100 for 49

500 for 1.95

500 MG. BEE POLLEN TABS 100 for **219**

500 for \$7.50

CODLIVER

OIL CAPS

100 88¢

500 Caps \$3.99

100 \$198

500 for \$9.49

30 Tablets 2.99

100 for 89¢

500 for 3.98

1,000 MG. BEE POLLEN TABS 100 for **425** 500 for \$14.75

DOLOMITE

BONE MEAL

TABLETS 59¢ 500 For \$2.49

1,000 For \$4.59

100 FOR 1.50

500 mg 100 FOR 2.75

100 for 1.49

250 for 3.65

CRANBERRY CAPSULES 100 FOR \$3.00 250 FOR \$6.00

granules

9.99

100-B COMPLEX

100 MG. EACH OF B-1, B-2, B-6 NIA-CINAMIDE, CHOLINE, INOSITOL, PAN-TOTHENIC ACID & PABA, 100 MCG EACH OF B-12, BIOTIN & FOLIC ACID. 50 TABS 3.35 100 TABS 5.49

"KEY 4" TABS KELP, VITAMIN B6, LECITHIN

& CIDER VINEGAR
Highest Quality
Only the low price is different 100 for 79° 500 for 2.99

POTASSIUM 100 Tablets 95¢

GLUCONATE 500 for \$4.29 595 MG. 1,000 for \$7,99

NATURAL VITAMIN AT FANTASTICALLY LOW PRICES With Rose Hips 250 MG QUANTITY 100 MG 500 MG 1,000 MG 1.95 100 69¢ 95¢ 1.39 2.98 4.49 6.59 9.39 1000 5.49 12.49 17.95

ì	MONEY BACK	GUARANTEE-	AIN HIGHEST QUALIT	E CAPS	ULES
1	SIZE	100 I.U.	200 I.U.	400 I.U.	1,000 I.U
Ì	100	98¢	1.89	2.99	7.89
	500	4.85	8.99	14.69	37.98
	1000	9.49	17.59	28.49	69.85

HERBAL LAXATIVE

TABLETS 85¢

TABLETS 49C 500 FOR 3.49 1,000 for \$3.69

1000 for 3.50 **MULTI-CAL**

HIGH FIBER ACIDOPHILUS **TABLETS** CAPSULES 100 for 1.79 100 For .95¢ 250 for 4.45 500 For 3.75 500 for 8.75 1000 For 5.85

Therapeutic with Minerals OYSTER CALCIUM same potency, same ormula as Squibb's Theragran—M®. TABLETS COMPARABLE TO OSCAL®

BRAN

500 MG Tablets 100 for 69¢ 500 for \$2.99

100 DAY \$375 SUPPLY

BREWER'S 500 mg Tablets L-LYSINE

SUPER ORGANIC IRON TABS

CENTRO vites
with minerals
comparable to
CENTRUM TM 100—1.49 500—5.49

BETA CAROTENE CAPSULES 25,000 IU PRO-VITAMIN A 100 FOR 2.95 250 FOR 6.75 500 FOR 12.75

BALANCED 50 MG. **B-COMPLEX**

HI-POTENCY "LEE-PLEX 50 MG." In 1 cap daily; 50 mg each of Vit. B1 B2. B6. Niacinamide. Pantothenic Aminobenzoic Acid, 50 mcg. each B12, d-Biotin, 100 mcg. Folic Acid

179 100 269 500 for \$10.59 50 CAPS

YEAST 7½ GRAIN TABLETS 250 706 100 \$298

plets 79¢ 300 \$848 1,000 for \$1.99 VITAMINS FOR HAIR CARE

PAPAYA PAPAIN DIGESTANT TABLETS 65¢ SELENIUM 100 MCG TABLETS

100 \$225 TABS 500 for \$9.95

"Natural 12"

Brewer's Yeast, Lecithin, Alfalfa, Kelp, Rose Hips, Whey, Papaya, Apple Pectin, Wheat Germ, Dolomite, Desiccated Liver, Bone Meal.

A dozen 250 for 1.85 Supplements in 500 for 2.98 ONE tablet 1,000 for 5.49

GLUCOMANNAN 500 MG.

500 for 2.75 250 DAY \$698 SUPPLY INDIVIDUAL B-VITAMIN Tablets

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\$5.50
\$6.50
\$4.95
\$4.35
\$10.95
\$12.00
\$29.75
\$9.75
\$7.85

Desiccated LIVER Tablets 100 FOR 69° 1,000 FOR 3.50

100 MCG. 500 MCG VITAMIN VITAMIN **B-12 B-12** 100 FOR 1.95 500 FOR 7.50

STRESS FORMULA High Potency B Complex & Vit. C 250 **389** TABS 100 **195**

695 180 1350 CAPS

PRICES IN THIS AD GOOD UNTIL SEPT. 30, 1986 MAIL YOUR ORDER TO: Lee Nutrition 290 MAIN ST. CAMBRIDGE, MASS. 02142

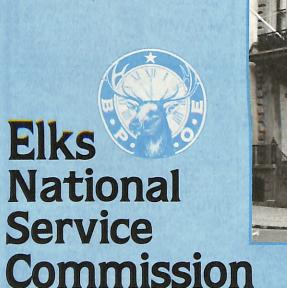
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7			
Shipping ch	arge (disreç	pard if order exceeds \$10.00)	\$1.00
SATISFACTI	ON GUARA	NTEED TOTAL AMOUNT	
			B427
FREE		Just check this box and mail	-

WORLD'S FINEST	by Sept. 30, 1986. FREE Clipper with	We'll include yo your order.	Ur
PRINT NAME			
ADDRESS		APT.	
CITY	STATE	ZIP	

"Serving Those Who Served"







The Elks Fraternal Center in New York City was one of 155 established by the Elks War Commission during

Celebrates Its 40th Anniversary

by Bryan J. McKeogh and Diron Avedisian

mission, established to continue the involved in service to veterans long equip hospitals for their care. The services of the World War II Elks War before most of the veterans organiza- two base hospitals established and Commission, was instituted in 1946. tions came into existence. The Elks' financed by the Order were the first This year the commission proudly ob- commitment was made at the time of to reach the battle areas. By rendering serves its 40th anniversary.

National

Service

cern for members of our armed forces to the present day. and hospitalized veterans, the quesimitating the fine efforts of the many veterans organizations?"

he Elks National Service Com- gotten fact that the Elks were deeply ed on the battlefields of France and the nation's involvement in World Regarding the Elks' patriotic con- War I, and it has been faithfully kept wounded, these facilities saved thou-

Immediately following America's tion has often been asked: "Were we entry into World War I, the Grand diers' problems did not end with the Lodge, after exhaustive study, deter- cessation of hostilities, the Elks in mined that the Elks should give first 1918 constructed America's first vet-The answer lies in the almost-for- consideration to the sick and wound-

prompt medical attention to the sands of American lives.

Keenly aware that the wounded solerans hospital. It was built on Parker

member had an annual income of hundreds of servicemen each month. \$1,250.

fund-raising activity for the Salvation conducting "Write 'Em a Letter" of war-ravaged areas of Europe. In lescents, and many more. Atlantic City and told of the organi- half of our nation at war. zation's lasting gratitude to the Elks.

neered by the Grand Lodge when it that public memory is short and dimestablished a one-million-dollar med by time, formed the Elks Nation-40,000 loans were made to veterans to solemn pledge was made 40 years finance their maintenance during ago: training at rehabilitation centers. This by Congress in its entirety.

World War II

Only a few weeks after the attack on Pearl Harbor, the Grand Lodge established the Elks War Commission to coordinate the Order's activities in the war effort. The Grand Lodge issued a proclamation designating the week of March 15, 1942, as "Win The War Week," and asked that all lodges stage a patriotic demonstration during this period. The commission compiled an inventory of the potential manpower and resources of the Order and made it available to the government.

Under the sponsorship of the War Commission, lodges conducted refresher courses that qualified thousands of young men for flight training. This program was so successful that the Army Adjutant General appealed to the commission to recruit 45,000 young men for the ground crews of the Air Corps. A short time later the Adjutant General's office notified the War Commission that 97,000 ground crew men had been recruited and expressed deep apprecia-

Government officials were so impressed with the results of the commission's recruiting programs that subsequent requests were submitted to obtain candidates for the Naval Air Corps, Army Engineers, Navy Seebees and nurses for the Veterans Administration. All quotas were met or exceeded.

Another significant program of the War Commission was the establishment of 155 Elks fraternal centers throughout the country. These cen-

\$700,000, at a time when the average freshments and entertainment for forget them."

Among the other activities of the defenders continued. During the First World War, the Elks War Commission were sending Elks also did the major portion of the gift boxes to GIs around the world, Army. This organization was involved campaigns, supplying books to Mer-

tion Army, Evangeline Booth, ad- tremendous amount of activity gener- national government. dressed the Grand Lodge Session in ated by the War Commission on be-

program was subsequently adopted our hospitals, the Benevolent and Government Bonds.

Hill in Boston at a cost of more than ters supplied good fellowship, re- Protective Order of Elks will never

The commitment to our nation's

Because the commission subsequently received requests for assistance from many different government agencies, its name was changed in the relief of the troops and people chant Marines and slippers to conva- to the Elks National Service Commission. The new name reflected its in-1919, the commander of the Salva- These are only the highlights of the volvement with all branches of the

In addition to service to hospitalized veterans, the commission helped Shortly after the war ended, the recruit volunteers for the peacetime The GI Loan Program was pio- Grand Lodge, wise in the knowledge Army, including physicians, dentists, dieticians and hospital technicians. A "Wake Up America" program was revolving fund in 1919. More than al Veterans Service Commission. A instituted to rekindle a public spirit of patriotism, and assistance was given to Civil Defense programs. Lodges "So long as there are veterans in launched subscription drives for U.S.



Through the years, the Elks have often received recognition for their service to veterans. In this photo, taken in 1972, PGER William J. Jernick (third from right), chairman of the Elks National Service Commission, receives a plaque of appreciation from Capt. William Tarr, commander of the St. Albans, NY, Naval Hospital. Joining them were (from left) PER William Britton, district commission chairman; George M. Hall, assistant commission director; Bryan J. McKeogh, director; and PSP George Olsen.





The National Service Commission encourages Elks to conduct outdoor activities for hospitalized veterans. This photo was taken at a picnic sponsored by Georgia Elks at the Dublin VA Medical Center in 1970.



When established in 1946, the Elks National Service Commission consisted of seven past grand exalted rulers. James T. Hallinan of Queens Borough, New York, Lodge No. 878 served as the first chairman. The home office was located in New York City. PGER Hallinan rendered distinguished service by instituting regular Elks programs in every VA medical center. His leadership was responsible for the Elks becoming a vital part of the Veterans Administration Voluntary Service (VAVS). Brother Hallinan served as chairman until his death on July 4, 1969.

Shortly thereafter PGER William J. Jernick of Nutley, New Jersey, Lodge No. 1290 assumed the chairmanship and continued the policies of growth and expansion established by his predecessor. "Bill," as he was affectionately known by countless friends throughout the Order, served as chairman until his death in January, 1982. He left a legacy of hard work, creativity and special dedication, and his ideas still continue to influence the policy making of the commission.

Brother Jernick was succeeded by PGER Frank Hise of Corvallis, Oregon, Lodge No. 1413, who served with distinction until July, 1984. He was followed by PGER Gerald Strohm of Fresno, California, Lodge No. 439, who is the current chairman. The Order owes a debt of deep gratitude to the four Brothers who held the reins of leadership during the past 40 years. They have made manifest the special brand of patriotism that is peculiar to Elkdom.

William M. Frasor of Blue Island, Illinois, Lodge No. 1331, who served as executive secretary of the Elks War Commission, assumed a similar post with the National Commission upon its establishment. He subsequently became the commission's first director. He capably filled that post until February, 1953, when ailing health forced him to step down. Brother Frasor died in 1956.

Following the retirement of Brother Frasor in 1953, the commission named Bryan J. McKeogh of Queens Borough, New York, Lodge No. 878 as executive director. Brother

McKeogh served the commission faithfully for a quarter century, and many activities instituted by him are still in place today. In July, 1978, Brother McKeogh resigned in order to direct all of his attention to the National Convention Commission. He was succeeded by George M. Hall of Lynbrook, New York, Lodge No. 1515, who served until January, 1981, when he retired. At that time Chairman Jernick engaged Diron "Step" Avedisian of Point Pleasant, New Jersey, Lodge No. 1698, who is the current director.

Another dedicated employee was Floyd H. Brown of Oklahoma City, Oklahoma, Lodge No. 417. Brother Brown was the commission's field representative from 1946 until his retirement in 1960. His responsibility was to survey VA medical centers and fraternal centers and report his findings to the commission so a determination could be made in matters of financial assistance.

The National Service Commission has historically attended to its fiscal matters with the best interests of the Grand Lodge in mind. At one time, in addition to the per capita assessments, the commission received an annual grant of \$25,000 from the Grand Lodge for expenses. Chairman Jernick determined that this money was no longer needed and requested its discontinuance. Furthermore, the per capita assessment was gradually reduced from 35 cents to 20 cents, saving the Grand Lodge additional thousands of dollars. This was made possible by prudent handling of funds. Further evidence of sound financial management is the fact that the cost of maintaining the office today is about the same as it was 30 years ago.

The home office, originally located in New York City, remained there until May, 1982, when, for economic reasons, it was moved to its present location in Brielle, New Jersey.

In 1984, the commission, by vote of the Grand Lodge, was reduced from seven to five members. In addition to Chairman Strohm, those presently serving on the commission are PGERs Frank Hise, Robert Grafton, Raymond V. Arnold and Kenneth V. Cantoli. The commission members give unstintingly of their time and experience without any form of compensation to insure that the services provided for hospitalized veterans are the best they can possibly be.

The work of the Elks National Service Commission is a phase of Elkdom which interprets the high ideals of benevolence and patriotism with a sustained and continuing program of positive action. Deeds of kindness and remembrance for hospitalized veterans are performed every day in the year. They are inscribing glowing chapters in the Order's notable history.

40th Anniversary

During the postwar period Veterans Administration Hospitals were being constructed rapidly throughout the nation. Whenever one of these hospitals was opened, a committee of Elks and their ladies was there to volunteer its services.

Korea

In response to President Truman's appeal during the Korean Conflict, the Elks fraternal centers so popular during World War II were reopened for military trainees. 600,000 pints of blood were donated, and "Write 'Em a Letter" campaigns were again car-

ried out. When it was learned that the servicemen did not have sufficient writing materials, a half-million letterheads and envelopes with the Elks emblem were sent to Korea. Thousands of packages of cigarettes were sent overseas, each pack containing an encouraging Elks message.

Vietnam

Reports of draft-card burnings, draft-dodging and demonstrations against the nation's policy threatened the morale of our fighting forces in Vietnam. To counteract the anti-war movement, lodges secured the names and service addresses of local members of the armed forces serving in Vietnam.

Personal letters, gift packages, newspapers, magazines, cigarettes, candy and other items were sent to each serviceman. Two large rest and recreation pavilions with barbecue pits were provided by the Elks at the naval hospital in Guam. Long-distance telephone calls to families were also provided.

Hospital Programs

"The Elks' concern for hospitalized veterans is not confined to a single day, a single year, to special occasions or historical observances. It is a day-to-day tribute of long standing, and it is one that is as productive and helpful as it is persistent."

This is how Richard L. Roundbush, then-U.S. administrator of Veterans Affairs, described the Elks' hospital programs in his address to

(Continued on page 44)

Sensational Not S15... \$7 Price Break! Not S10... \$7

Great New Health and Beauty Aid!

Professional

Trims Toughest Nails Fast and Smoothly ... Helps **Prevent Painful Ingrown Toenails**



Angled so it's easy to reach and cut vour own toenails!

PROFESSIONAL PEDICURE IN YOUR OWN HOME-

Top Quality-Fantastic Value!

- Surgical Chromeplate Steel
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Save \$\$ on salon visits & doctor bills!

BEST TOENAIL CLIPPER EVER!

Fast . . . healthful . . . and very easy to use. Unique Swedish design—No hard work, no struggle to reach where you want to reach. Helps prevent agonizing ingrown toenails . Gives your feet an attractive, well-groomed look. The angled blades slide under nail corners to cut quickly, evenly. Great do-it-yourself pedicure—Helps cut the cost of salon visits and doctor bills.

DURABLE CHROMEPLATE STEEL— LONG HANDLES FOR BEST LEVERAGE

Why didn't someone think of this before . . . A Clipper that's anatomically correct and really easy to maneuver! Surgical chromeplate steel—Curved 4-inch handles for extra leverage. Cuts through toughest nails like butter. Won't harm delicate, fragile nails. Leaves a clean, smooth edge . . . No chance of snagging expensive hose. Other clippers are clumsy by comparison, and pointed scissors can cause infection—why put up with them! Order your Precision Toenail Clipper today—At the incredible low price of only \$2.99!

FULLY GUARANTEED-

Great for the whole family! Try it for 30 days—
If not completely delighted, simply return for full refund of purchase price (except ship. & hdlg.).
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Enclosed is \$	(PA & N	v res. add sales tax).
CHARGE IT: (Minimum \$5		☐ MasterCard
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COST \$10.00 AND MORE!

TOO-TIGHT **SHOES?** D, ACHING

Don't Throw Away That Favorite Pair of Shoes...Here's Overnight Relief!

Professional Style
Shoe Stretcher

WORKS THREE WAYS-· W-I-D-E-N-S SHOES · Has "trouble spot" attachments-Makes room for

corns & bunions Custom Fit Your Shoes

STRETCH TIGHT SHOPS RIGHT WHERE THEY HURT!

Save money... Save your feet... Avoid expensive trips to the

Men's & Ladies'

Sizes-Fits Right or

for perfect fit

shoemaker!

Left Foot

Not \$15. Not \$10. ONLY

2 For \$9.88

Tight shoes are a real 'pain"...and buying yourself a different pair could easily cost \$40.00 or more. Here's the perfect way to solve the problem...You won't have to buy new ones, and you won't have to spend money at the shoemaker either. Unlike ordinary "shoe trees," the *Professional Shoe Stretcher*

actually widens shoes. A great way to break in" a new pair, or to custom-fit any shoes

that are just not roomy enough. Terrific health-and-comfort aid for anyone with corns, bunions, calluses...The special attachments stretch the exact spot that hurts, just insert the *Shoe Stretcher*... Turn the handle to expand it... Then leave in place overnight.

DEPENDABLE, PROFESSIONALLY CRAFTED... PAYS FOR ITSELF OVER AND OVER!

Designed to fit the right or left shoe...Superb cobbler quality. Expandable "foot" with metal handle and plastic snap-in attachments...

Available in sizes to suit all the adults and teenagers at your house. Your choice of Ladies Regular (for shoes up to size 7); Ladies Large (over 7); Men's Regular (to size 9); Men's Large (over 9). So easy to use...Pays for itself time and time again.

FULLY GUARANTEED-

If not thoroughly delighted, simply return in 30 days for full refund (except post. & hdlg.). Our policy is to process all orders promptly. We charge your credit card only when order is shipped. Delays notified promptly. Shipment guaranteed within 60 days. An unusual, hard-to-find item that's tremendously useful...Order yours today, while all sizes are still available

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OLD VILLAGE SHOP, DEPT. VZ-4718, Bldg. #9, Hanover, PA 173 Yes-Please rush my Professional Shoe Stretcher(s) as indicated below money-back guarantee. (how many)? Men's Regular (Z362350) Ladies Reg. (Z362376) Ladies Lg. (Z362384) Ladies Lg. (Z362384) SAVE! Any 2 for just \$9.88 plus \$2.15 shipping and handling. Foot-Saver Special! Any 3 for \$15.00 plus \$4.00 ship. & hdlg. Enclosed is \$ (PA & NV res. add sales tax) CHARGE IT: Diners Club VISA American Express Maste.	
Men's Large (Z362368) Ladies Lg. (Z362384) One Shoe Stretcher for only \$5.88 plus \$2.15 shipping and handling SAVE! Any 2 for just \$9.88 plus \$3.10 shipping and handling Foot-Saver Special! Any 3 for \$15.00 plus \$4.00 ship. & hdlg. Enclosed is \$ (PA & NV res. add sales tax)	333 , on full
☐ One Shoe Stretcher for only \$5.88 plus \$2.15 shipping and handling. ☐ SAVE! Any 2 for just \$9.88 plus \$3.10 shipping and handling. ☐ Foot-Saver Special! Any 3 for \$15.00 plus \$4.00 ship. & hdlg. Enclosed is \$ (PA & NV res. add sales tax)	
☐ SAVE! Any 2 for just \$9.88 plus \$3.10 shipping and handling. ☐ Foot-Saver Special! Any 3 for \$15.00 plus \$4.00 ship. & hdlg. Enclosed is \$ (PA & NV res. add sales tax)	
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ELKS NATIONAL SERVICE COMMISSION

"So long as there are veterans in our hospitals, the Benevolent and Protective Order of Elks will never forget them."





In recognition of its outstanding record of service to hospitalized veterans, Glen Burnie, MD, Lodge was chosen as the setting for part of a film promoting activities in support of veterans. The film will be used in Elks lodges nationwide. Twenty veterans from the Loch Raven Veterans Hospital and the Francis Scott Key VA Medical Center were among the guests at the monthly veterans dinner-dance. The U.S. Army color guard from Fort George G. Meade opened the festivities, and is pictured presenting the colors to lodge officers.



In appreciation for outstanding and dedicated service to veterans, a plaque was presented to Middletown, NY, Lodge by American Legion Post No. 151. American Legion Commander Jack Williamson (left) made the presentation to ER Ron Grammas (center) and Bill Heater, lodge chm. of Veteran Affairs.





Theater owner Brother Ross Campbell (second from left) of Sheridan, WY, Lodge donated a popcorn machine to be presented to Sheridan VA Medical Center. Also pictured from left are state NSC Chm. William Kupper, VA Medical Center Director Fred Smith, Chief of Recreation Service Brother Dennis Powers and lodge Veterans Service Vice-chm. Fred Pate.

Elks lodges in the Denver, CO, area, in cooperation with American Legion and VFW posts and other community organizations, recently reached their goal of \$102,000 to furnish TV sets for the new rooms in the Denver VA Medical Center. The Elks purchased 30 TV sets. In photo, Englewood, CO, Lodge's Clown Group presents a check for \$1,800. This amount, collected in part by Mrs. M. G. Sheely, president of the Colorado National Bank/ Boulevard, put the drive "over the top." Pictured in front of one of the new TVs are (from left) Mrs. Sheely; John Kreiling, Elks NSC. representative at the center; Randy Emeterio, director of the center; "Smoky" Sheely, Clown Group representative; and PER and Clown member Ray Whitebread.

BOSTON, MA. The National Service Committee of the Massachusetts Elks Association recently sponsored arts and crafts contests in the Boston VA Medical Center as well as in the seven other VA medical centers and soldiers homes in the state. Each facility received \$190 to be distributed as cash prizes.

Earlier this year the committee supplied Easter lilies to each of the eight veterans facilities.

QUEENS, NY. Members of the New York Southeast Veterans Committee donated \$1,870 for the purchase of a stained glass window in the Veterans Chapel at St. Albans VA Extended Care Center. Participating lodges were Franklin Square, Valley Stream, New Hyde Park, Bronx, New York, Brooklyn, Staten Island, Queens Borough (Elmhurst) and Elmont.

Family Businesses...

(Continued from page 20)

who participate in the family business by cleaning the shop on weekends, Bob and Janet make it a point to spend some time alone together every evening and to take the time to have fun together motorcycling on weekends and vacations.

The Williamses say that if they have a problem they talk about it. Bob declares, "Janet is not only my wife, she's my best friend," fulfilling another essential ingredient in Dr. Day's formula for a mom/pop business relationship—communication.

Dr. Day's counseling with couples who are having difficulty managing a family business begins by helping them to develop techniques for non-defensive listening. Frequently he finds that a couple's communication has deteriorated so that when one individual opens his mouth to speak, the other is gathering ammunition for defending himself without listening to the partner.

The Haags also state the importance of communication in their successful relationship. Jeri says that although they each have their own area of expertise, they listen to each other's problems because, "Our problems are mutual problems."

Vince and Adrienne Dastole are coowners and co-managers of Roadrunner Sales, a wholesale office supply business. They've been married 19 years and have spent the last four years as full-time business partners. Running his own business is a dream come true for Vince.

He speaks in an authoritative manner. About his marriage/business relationship, he states emphatically, "The main thing is we communicate with each other." He conveys the feeling that full-time togetherness is just something that comes naturally for them, as if he can't understand why friends frequently ask how he and Adrienne can cope with working together everyday.

Adrienne ponders, then says slowly, as if asking herself a question, "I wonder if we sound boring to people

(Continued on page 35)



COLD, ME? NEVER!

Below zero temperatures. Wind chill factors of twenty below and lower. Snow, ice and freezing rain. The more you have to be out in bitter weather, the more you need Damart Thermolactyl. Damart has invented underwear that'll keep you warm, dry and comfortable indoors and out. You'll never be cold again!

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Drug Awareness Education Program

Elks Find Many Ways to Combat Drug Use

Staff Report

Elks across the nation are of one of the award-winning posters, Elks lodges throughout New Jersey redoubling their efforts to prevent a picture of and a message from the will provide these calendars, as well drug use by youth. Following are re- young artist, and a statement from as book covers, bumper stickers and ports of successful Drug Awareness the corporate sponsor on what it is decals, to elementary and junior-high Education Programs being conducted doing to fight drug abuse. by both state associations and in- During the first month of school, Abuse Prevention Workbook will be dividual lodges.

War Against Drugs

The New Jersey State Elks Association is waging a full-scale war against alcohol and drug abuse. During the past two years, the association has distributed more than 160,000 copies of the Elks Alcohol/Drug Abuse Prevention family workbook, which parents and teachers are using to teach children to say NO to alcohol and drugs. This approach has been widely endorsed by law enforcement agencies, teachers and other civic groups.

The workbook has now become a bimonthly magazine, complete with advertising, which provides more funds for Drug Awareness Education. The core of the magazine remains the original workbook.

In the fall of 1985, the New Jersey Elks conducted a statewide poster contest for students in grades four through nine. The students were to display their concept of why "Hugs Are Better Than Alcohol/Drugs." The posters judged to be the 12 best in the state are being used on a 1987 Drug Abuse Prevention Calendar.

Production of the calendar is being financed by large corporations. The calendar is made up of 12 two-page spreads, which include, in addition to

schools. A new edition of the Drug



Gerry Cook, New Jersey Elks State Drug Awareness chairman, and Ruth Harris, president of Fidelity House publishers and editor of Drug Abuse Prevention magazine, look over materials bea monthly calendar, a reproduction ing used in the state's campaign against drugs.

THE KEY TO DRUG FREE CHILDREN...



Displaying the new "Mr. McKaw" anti-drug posters and book cover John T. Traynor, and PGERs Horace Wisely, Robert Yothers, Gerald (from left) state Drug Awareness Chairman Jim Spence; then-GER

now being distributed by the California-Hawaii Elks Association are Strohm and R. Leonard Bush. The picture was taken at the association's annual convention in Fresno, California.

distributed in October.

Chairman Gerry Cook made a color will be provided to any other interestslide presentation to the Northwest ed state association at a nominal cost. District lodge chairmen describing the concepts and elements of the to all lodges in the state.

Chairman Cook notes that drug

use knows no boundaries, and the In June, state Drug Awareness materials used by the New Jersey Elks

"Mr. McKaw" Says...

Brad Anderson, an Elk member Drug Awareness Program. Copies of and the creator of the nationally synthe script and slide tray are available dicated "Marmaduke" newspaper cartoon, has created another cartoon

(Continued on page 31)

Copies of the 20-page booklet, 'Awareness: The Key To Drug Free Children," which was distributed at the Grand Lodge Convention, are now available, at no charge, from your local lodge.

Special Booklet

The booklet contains reprints of the first three articles in The Elks Magazine Drug Awareness series, as well as the follow-up article, "Elks Widen War Against Drug Use." which appeared in the June, 1986, issue.

This booklet should be most helpful to anyone conducting a Drug Awareness program. It is also an excellent means of informing your community about the Elks' program.

Tell Us About Your Lodge's Program!

Is your lodge conducting an effective Drug Awareness Education Program within the guidelines of the Grand Lodge program? If so, tell us about your success, so that we can share your ideas with other readers in upcoming issues of The Elks Magazine. In this way, we hope to make the Elks' campaign against drug abuse a national success!

Send us complete information and high-quality pictures. Photographs must be black and white, and have sharp focus and good contrast. They should be "human interest" pictures showing your program in action, not simply posed groups (such as check or award presentations).

All suitable material will be considered for publication. Send your articles and pictures to:

> **Editorial Department** The Elks Magazine 425 W. Diversey Pkwy Chicago, IL 60614



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The Tennessee Elks Association awarded a total of \$58,000 in scholarships for nursing during the 1985-86 lodge year. Administered by the Tennessee Elks Benevolent Trust, Nurses Scholarships is the state Major Project.

Colleen Conway-Welch, dean of the Vanderbilt University School of Nursing, spoke at the annual convention of the Tennessee Elks Association. Dean Conway-Welch informed all Elks present just how important this financial aid is to nursing, and the benefits the residents of the state have enjoyed due to the financial support of the Elks. Shown listening to Dean Conway-Welch are then-SP Randall Smith and his wife Laurel.

The Trust projects for the 1986-87 lodge year include funding for 40 nursing scholarships of \$1,400 each and one for \$2,000.

In addition, the program will be expanded to include scholarships for medical-related studies such as those for laboratory technicians. This entire project is funded in part by the Elks National Foundation.



Lisa Favretto is shown accepting a certificate from Vineland, NJ, Lodge ER Robert Wells designating her a winner in the "Most Valuable Student" scholarship competition.

Lisa tied for third place among students nationwide and was one of 150 seniors winning fouryear awards. Her scholarship is worth \$4,000 each year and is funded by the Elks National Foundation.

At left is Silvio Maitico, chm. of the Vineland Elks Scholarship Committee, and at right is Gerald Barry, Vineland High School principal.

Michael Pompeo, a former "Most Valuable Student" scholarship recipient, finished four years at West Point, the US Military Academy, with top honors. Of the 974 men and women in this year's graduating class, Pompeo finished first scholastically.

Pompeo also excelled at leadership, and spent his senior year as a company commander in charge of 120 other cadets.

In 1982, Pompeo, sponsored by Garden Grove, CA, Lodge, won a one-year, MVS state-allocated scholarship of \$900.

Drug Awareness...

(Continued from page 29)

character to help the California-Hawaii Elks Association get its message to young people.

Brother Anderson has designed, free of charge, three posters, a book cover, and a pin featuring "Mr. McKaw" delivering an anti-drug message. The items are being distributed through individual lodges to schools in the two states.

So far 50,000 book covers, 4,000 sets of posters, and hundreds of pins have been distributed. State Drug Awareness Chairman Jim Spence forsees a much heavier demand for these items once school resumes this fall.

The artwork for the McKaw items is available to other state associations or lodges who wish to print their own materials, as long as the designs are reproduced in their entirety. (States or lodges may add their own logos.)

Several other western states are already using the Mr. McKaw designs.

Newspaper Column

Franklin Square, NY, Lodge has started a Drug Awareness Education column in three local weekly papers. The lodge uses information supplied by the Grand Lodge as well as from local sources. The column has included a three-part series on "crack," a new, highly addictive and more potent form of cocaine which is smoked instead of inhaled.

Community Leadership

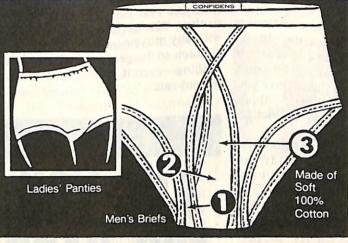
As a result of the leadership of Okmulgee, Oklahoma, Lodge, the Okmulgee Drug Awareness Committee was created. Two of the directors of the committee, Ralph Payne and H. J. Gibbons, are PERs of the lodge.

The committee has contracted with the "Operation Aware" organization in Tulsa to teach fifth and sixth-grade students how to identify and deal with negative peer pressure. Students participate in rap sessions and field trips, view movies and video shows, and role play different techniques in order to become able to resist the pressure to use drugs.

(In upcoming issues, we plan to publish more reports of successful lodge Drug Awareness Education Programs, as the information and photographs are supplied to us by the lodges.)

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For years, a doctor sympathized with his patients who were forced to live with an embarrassing problem—spotting and staining of clothing caused by slight losses of urinary control.

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Do you spend hours on tasks that ty? Writers face this dilemma every minutes to finish? Do you worry it "The Terror of the Blank Page." wear because you wonder what others into the writing process. will think of your appearance? Do

get things done? Does this all give you second-rate. problems with feeling good about yourself? If so, you may be victimized by perfectionism.

As a national ad campaign says, "Quality is Job One." Nobody can argue that doing a good job isn't important, but your own sanity and strength demand that you take a fair and balanced attitude toward your performance. This applies to personal, professional, and civic life.

"The best principles, if pushed to excess, degenerate into fatal vices," said Archibald Alison, the 18th century Scottish clergyman.

Demanding an unrealistic degree of perfection from yourself will ruin your spontaneity, create interpersonal problems, and waste your time. But that's the price of perfectionism. To be a successful achiever is another matter, however, one which calls on you to drop all the self-destructive behaviors.

Have you ever had something important to do-a task with a certain amount of risk-but you postponed taking action on it and instead piddled away your time on some triviali-

This syndrome takes many forms you postpone making important sharpening pencils, cleaning out your avoid them. There's no telling what phone calls for fear of looking desk, polishing the silver, talking on vital lesson is waiting in a mistake the phone—anything that keeps you the new insights can be a gold mine of Do you find that your work is often from the real task at hand. But the wisdom, not quite the way you want it? Does it truth is that getting off dead center take you forever and a day to do with any movement toward your goal things, and do you have a constant is much to be preferred above doing from even simple tasks. sense of pressure because you can't nothing—even if your efforts are just

by Mike LeFan

Doing the right thing poorly is inshould take no longer than a few time they begin a new work. They call finitely more productive than doing a useless thing well. On top of that, about the impressions you make? Do Ernest Hemingway's response was to goal-oriented activity builds experiyou agonize over which clothes you sharpen pencils rather than to dive ence, and experience is the foundation for later successes. Learn from mistakes rather than laboring to

> The terror of perfectionism can tie your stomach in knots and keep you

Playwright George Bernard Shaw was so painfully shy that he'd pace around for half an hour or longer trying to work up the courage to knock on a friend's front door. When asked how he ever found the nerve and ability to speak in public despite his timidity, Shaw replied, "The same way I learned to skate—by doggedly making a fool of myself until I got used to it."

Shaw overlooked the underlying secret to his conquest of fear of failure. He had unconsciously stumbled across the useful device of psychological substitution. He was a man with strong, almost angry beliefs, and by harnessing the power of his convictions he was able to conquer this fear. His burning passion for getting his ideas across left no room for fearful thoughts.

Shaw's technique is a psychologically sound one that you can use when you need to motivate yourself into action. Let a stronger emotion overcome your fear and inertia.

While perfectionism freezes some people into inactivity, others find that it drives them into never-ending landmark—the point of diminishing the cash register. returns. It's very real to perfectionists. For example, when I've speech, or letter, crash into it full finished writing this article I won't need to waste a half a day looking for just one more quote to make my point perfectly. That's unnecessary. By the time I've finished researching an article and then writing it, added research after the fact is a waste of time.

group. He had his talk prepared, studied, and ready to deliver, but he you organize and hone your work. worked himself into a lather and wasted most of the day looking all iust as well.

folks.

The famous "80/20 Rule" applies priate to the task at hand. here: 80 percent of your achievements do I have to develop this job for it to be acceptable?"

The perfectionist insists on doing finds ways to work smarter-not vistas. harder. Don't invest more of your actually demand. Some things need

merchandise in a store, don't spend concrete ideas: as much time arranging the stockyou spend in setting up the displays achiever and the lazy ne'er-do-well. erate many sales, so decorative effort it's true that "If you want something put in there is largely a waste of time.

We've all heard of that famous Out front is where the customer meets

When you must write a report, speed ahead until you have all of your basic ideas on paper. Don't worry about the details of spelling, grammar, parallelism, and other mechanics of good English. Getting involved with these at this point will bog down your creativity in a swamp of nitpicking niceties. This primary stage is the Likewise, don't be like a preacher I time to focus on thoughts, insights, know who was to speak to a civic feelings, and information. Later on you can haul out the dictionary while

Use this philosophical approach throughout the day. You shouldn't over town for the "right" portfolio in read the morning mail with the same which to carry his speech pages. A intensity as you'd study a big conplain manila folder would have done tract. There's no need to concentrate on a memo about the company picnic Extending this concept another like you do a complaint letter from step, remember that correspondence your best customer. When reading doesn't have to be perfectly typed less vital items, push yourself to read every time. The letters will just be faster. Get routine things over and trashed anyway. Things that seem done with so you don't sink useless totally unacceptable to the perfec- energy into them. Save something for tionist are often just fine with other truly important activities. Again, strive for involvement that's appro-

Perfectionism is backward looking. will be produced by 20 percent of The perfectionist even begins to dread your activity, so invest the major success, because to have succeeded is share of your time in that productive to have finished one's business. It's 20 percent of your work. Let the job's like being a male spider, who's killed purpose dictate how much time you'll by the female as soon as he has sucput into it. Ask yourself, "How far ceeded in his courtship. To be a perfectionist is to continually look over your shoulder in order to outperform the bogeyman of past achievements, everything personally—to the point rather than leaving the past where it is of overdoing it. But the wise achiever and peering over the horizon for new

Perfectionism is a self-defeating time and energy in activities than they emotional energy sink. If not careful, the perfectionist finds that the only limited involvement while others "80/20 Rule" has boomeranged on require intense attention. Train your- him. The least important 80 percent self to think about which items are of his duties are knocking out 100 which, and then to act appropriately. percent of his time—leaving nothing Let the task itself dictate how much else to work with. We've already altime and effort you'll put into it. For luded to some possible remedies for example, if you're unpacking new perfectionism, but here they are in

Delegate. "Let George do it" could room and decorating it to look nice as be the motto of both the smart out where the customers are. Chances Every good idea is a double-edged are, the stockroom isn't going to gen-sword, cutting two ways. Sometimes

(Continued on page 36)

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But when I tried them on, they hurt too. I explained my problem of sore aching feet to a friendly clerk and she pointed to a counter display and said, maybe I needed a pair of special Leather Insoles.

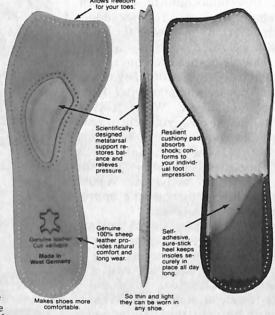
I took her advice and was I glad I did . . . the instant I slipped them into my shoes, my foot pain vanished! I've worn them ever since and my painful foot problems are a thing of the past"

thing of the past."
Over the last 15 years more than 8,000,000 pairs of these Leather Insoles have been sold in German shoe stores. They've relieved all types of foot problems for folks of all ages and if your feet are killing you, we urge you to try them.

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Did You Know...

It didn't take Elks long at the annual session in Denver to pass an important resolution. For the umpteenth year in a row, delegates approved a motion that in the event of a war or national disaster, each Brother Elk could be assessed \$1 so that the Grand Lodge could assist our nation.

This year the motion was made by PGER Gerald Strohm as a part of his report of the National Service Commission.

Records are made to be broken, but Arizona Elks feel that if you have to break a record of another lodge you should keep the record within the state. In a recent column we mentioned that Don Ehritt, PER of Green Valley, AZ, Lodge No. 2592, stated that he had broken the record on membership growth from the previous holder.

PDD Robert Benson of Phoenix, AZ, Lodge No. 335 reports that under immediate PER Charles Schmidt, Phoenix Lodge surpassed Green Valley's record of 423 new members initiated in one year by 102, for a total of 525. The total membership gain also tops the old record of 613 to 703, with a lapsation of only 1.66 percent, the best in the state.

New members are the lifeblood of any organization, and it would seem that Arizona is certainly doing its part.

Texas PSP Vic Elliott recently had the honor of installing his youngest son, Joe, as ER of Temple, TX, Lodge No. 138. Joe is age 26 and has been an Elk since he was 21.

On the other side of the coin, John Braketa, who was 90 years young in August, has been an Elk for 64 years and may very well be the oldest Elk in Wyoming. He is a member of Riverton, WY, Lodge No. 1693. Riverton has three John Braketas—John; his son, John, and has grandson, John. Ninety-year-old John also has two other grandsons who are members and a son-in-law who is a PER. Being an Elk in Riverton is a family affair.

More lodges reporting statues of fullsize elks include Pompano Beach, FL, No. 1898 and Painesville, OH, No. 549 (Lake County Sheriff Edwin Cunningham told us about that one). Alpena, MI, Lodge No. 505 has one in its parking lot, while Muscatine, IA, Lodge No. 304 donated one to the city in 1926. Immediate PER Gary Lewis says the statue is in need of repair and hopes the lodge trustees can find the funds to do it.

Family Businesses . . .

(Continued from page 27)

because we don't fight. There must be something wrong with us. We really don't argue and we're together a lot." Then, as if she's found the answer, she says positively, "We're just plain compatible!"

Vince elaborates, "Now that we're working together we're happier than before. Now she understands why I'm tired." He explains that when he used to come home from work on his sales job with another company, he'd want to stay home and relax, while Adrienne, who was home with two children all day, would want to go out. "Now our biggest thrill is going out to dinner," he laughs. They say they also enjoy quiet evenings at home together.

Respect is also an important part of their relationship. Adrienne says that since she's been sharing the duties of bringing home the bacon, she's learned to understand her husband better, and "I like what I see. Now I know why he was so successful before."

They fall into the category of having distinctly different work tasks. Adrienne does the bookwork; Vince does the purchasing and sales. They have two employees, including their

But it's obvious that for them, as with all the other couples interviewed, they thoroughly enjoy their business.

None of the couples has much free time to pursue either individual interests or shared recreational activities, although the Williamses and the Smiths insist on making time for having fun together.

Finding time for recreation is a problem, admits Jeri Haag, who hopes to return to playing more bridge and tennis in the near future, although she often works until midnight. She claims she doesn't mind putting in so much time because she loves it, even though it's not the most

fulfilling thing she's ever done in her life. When asked what is, she answers without even pausing to think about it, "raising my children." Then she adds, "Every stage has its rewards."

Referring to a rewarding husband and wife business relationship, Dr. Day says that if you have good listening skills, good communication, and your personalities mesh, "It can be super!"

For couples contemplating such an arrangement, he suggests counseling with a psychologist who can administer tests and interpret the results to determine if the individuals have the necessary personality characteristics to make it mesh.

The most essential ingredient, suggests therapist Beigel, is to begin with a good marriage. "If you have a good marriage to begin with, your chances of success are improved," she says.

Combining marriage and office affairs can be a tricky business. But, for many couples, it's a marriage/business made in heaven.

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On Yourself?

(Continued from page 33)

done right, then do it yourself." But other times, doing it yourself robs others of the opportunity for growth and development and keeps you from other more important tasks.

elements of a job can be handled by Hawaii, but he was reluctant. What if others—and then let them do these. no one comes? What if no one stays? Don't worry whether they'll do things like you'd do them, but rather if they can do what needs to be done. Make out. But his friends persisted. They things which must be accomplished, would bring their friends and would periodically review and revise these, scatter throughout the audience and and let others take care of what really laugh loudly. doesn't need your attention.

of correspondence doesn't need to be far from well myself." perfectly typed on letterhead. A need.

Doing things right is a worthy goal, served, it ceases to be virtue."

Keep your perspective. When life gets hectic, and pressures mount from that seeks to isolate you from making all sides, force yourself to back off a mistakes, you'll be free to explore the few steps so you can see the overall scene. Ask yourself, "Will I even remember today ten years from now?" Or think, "How will this project af- free to grow and to enhance your fect my great-grandchildren?" That capabilities. Someone once remarked

Someone has observed, "When a search to develop the storage batwinner makes a mistake he says, 'I tery-fifty thousand experiments was wrong.' When a loser makes a before he achieved results. mistake he says, 'It wasn't my fault." Too often, we act like the have gotten plenty of results. I know loser. We so frantically try to avoid fifty thousand things that won't being identified with mistakes that we work." Edison's willingness to risk miss the learning opportunities avail- failure resulted in great success, and able to us. Achievement comes from his developments are still lighting and

induced paralysis, the perfectionist convinces himself that if he can't do a thing to perfection, then he shouldn't do it at all.

Specialize in the future. As the Bible says, "Let the dead bury the dead." Leave the past where it is, use from it whatever is valuable for today, and keep your eye on tomorrow. Try to maintain a state of continual becoming, with a goal in front and not behind.

Don't take yourself too seriously. Mark Twain was once urged to give a Divide and conquer. Decide which public lecture on his adventures in What if no one laughs? That thought was so terrifying that Twain backed up a set of guidelines for specific assured him that they'd come, and

Twain was finally persuaded. Be appropriate. One newspaper When he walked on stage, however. man keeps a hand-lettered 3x5 card he was so frightfully nervous that his on the wall above his typewriter re- friends almost repented of their insisminding him to "BE APPROPRI- tence. But then Twain managed to he-ATE." There are degrees of correct- gin: "Julius Caesar is dead. Shakesness and of perfection, and each task peare is dead. Napoleon is dead. calls for its own degree. Every piece Abraham Lincoln is dead, and I am

As the audience began to respond memo jotted on notebook paper can with continued laughter, Twain be appropriate. And even typed let- found it difficult to worry about ters don't necessarily need to be free stagefright. His place as one of of all typos. Match your effort to the America's great humorists was assured that night.

Humor offers one powerful advanbut laboring at chores beyond what tage—once you have folks with you, they're worth is a waste. "There is a even your mistakes add to the relamean in everything," said Horace. tionship. People will forgive you a "Even virtue itself hath its stated great number of mistakes if you care limits, which, not being strictly ob- about what you're doing-and especially if you make them care too.

Once you escape the prison of fear possibilities for new achievements.

When you begin to view mistakes as learning opportunities, you're then should give you a proper perspective. to Thomas Edison on the huge num-View life as a learning experience. ber of failures he encountered in his

"Results?" said Edison. "Why, I taking risks. However, in his self- powering life around the globe.

Elderhostel . . .

(Continued from page 10)

big institution like Duke University or the University of North Carolina. But Elderhostel shows that the small colleges have a lot to offer, too." Hockett adds that during the last few years many Elderhostelers have encouraged their grandchildren to come to Winthrop.

"A mere pittance"—that's the way Dr. Bert Viault describes the honorarium he gets for teaching Elderhostel courses. But he, like many other Winthrop faculty and professors around the country, keep offering to teach courses. They enjoy the challenge of teaching people who are inquisitive and like to learn and express their opinions.

Viault is chairman of Winthrop's history department and has been a part of the college's Elderhostel program since it began eight years ago. (Continued on next page)

Devarted Brothers

PAST GRAND CHAPLAIN Rt. Rev. Msgr. George M. Scott of San Pedro, CA. Lodge died July 6, 1986. Brother Scott served as grand chaplain from 1964-67 and again in 1973-74. At the time of his death he was serving as the chaplain of the California-Hawaii Elks Association. He was also an honorary past president of the association.

Msgr. Scott was Pastor Emeritus of Mary Star of the Sea Church in San Pedro, where services were held July 11. Presiding at the Mass of Christian Burial was His Eminence Timothy Cardinal Manning; Principal Celebrant was Most Rev. John J. Ward.

PAST GRAND CHAPLAIN Rev. Richard J. Connelly of Lancaster, OH. Lodge died June 23, 1986. Brother Connelly served as grand chaplain from 1952-54 and was also the chaplain of the Ohio Elks Association for 10 years.

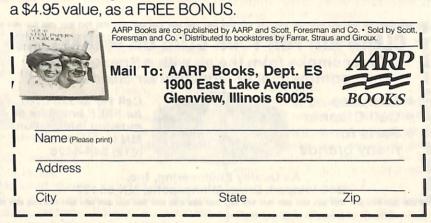
PAST DISTRICT DEPUTY Harold L. Stanton of Binghamton, NY, Lodge died recently. Brother Stanton served as District Deputy Grand Exalted Ruler for the South Central District of New York in 1948-49.

PAST DISTRICT DEPUTY Donal Meehan of Alhambra-San Gabriel, CA, Lodge died June 18, 1986. Brother Meehan served as District Deputy Grand Exalted Ruler for the Metropolitan District of California in 1967-68.

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Elderhostel . . .

(Continued from preceding page)

He makes this observation of Elderhostelers: "They are vigorous intellectually and some are still vigorous physically. They have lived through a lot of the history I teach them, but have not had time to reflect upon it. The interesting blend of people that comprises Elderhostel makes for an exciting teaching experience.'

Phil Astwood, a member of Winthrop's geology department, says, "Sure, participants get a lot out of Elderhostel. But the classroom is just a vehicle. What courses Elderhostelers take doesn't really matter to them. What's important to them is to associate with other people who are doing the same thing.'

Elderhostel officials say that as the population grows older they expect to reach out to more and more people. Plans are in the works to expand the program overseas. An interesting recent development is the "Intensive Studies" aspect of Elderhostel. "It makes you work a little

more for your fun," says Goldfield with a laugh.

In addition to the traditional fare of three courses during the week on a variety of subjects, Elderhostel is now offering courses which concentrate on a particular subject and deal with it in depth. The intensive-study courses are still non-credit, but they are a little more challenging academically, expecting more class participation and perhaps some outside reading.

Goldfield has some mighty good news for aspiring participants. If you can't afford the cost of the program, Elderhostel has a scholarship for you. They are called hostelships, and plenty are available. Goldfield says, "One of our biggest problems has been to convince people that they are doing us a favor by using the hostelships. People have simply not been stepping forward."

Goldfield's arithmetic bears her out. In 1985 Elderhostel had 100,000 participants. Three dollars for each Elderhostel participant, or \$300,000. was set aside for hostelships. But the program used only \$226,000 to help out from 1,500 to 2,000 people. In addition to last year's surplus, the hostelship kitty is expected to have \$375,000 in 1986.

Goldfield says, "The momentum is irreversible." It's hard to disagree with that assessment. If we are retired or on our way, Elderhostel gives all of us something to look forward to.

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News of the State Associations



SP Edward Thatcher, Jr.

A record total of 1,333 Elks, ladies and guests attended the Annual Convention of the **Ohio** Elks Association, held April 24-27 in Columbus.

Thatcher, Jr. Distinguished guests included State Sponsor PGER Raymond V. Arnold and his wife Eleanor, and then-Grand Est. Loyal Kt. Robert Kennedy and his wife Marge.

The association planned a fall meeting for August 15-17 in Columbus. The next annual convention will be held April 23-26, 1987, also in Columbus.

Newly elected officers are President Edward Thatcher, Jr., Alliance; First Vice-President James Payne, Marysville; Second Vice-President Robert Bojalad, Berea; Third Vice-President Clarence Schlarb, Jr., Newcomerstown; and Secretary Rick Wolfe, Ashland.

Bellaire Lodge won the State Ritualistic Contest.

The Cerebral Palsy Training Centers Board announced the granting of 18 requests in the amount of \$118,000 to established organizations specializing in the treatment of cerebral palsy.

The board also announced a plan to award two camperships in each of the eight Ohio districts so that children with cerebral palsy could experience this type of outdoor adventure.

The Annual Convention of the **Indiana** Elks Association was held in French Lick June 5-9. Approximately 900 Elks and their ladies attended. Honored guests included then-GER John T. Traynor; PGER Raymond V. Arnold; and Vicechm. Ted Callicott, Board of Grand Trustees.

Other dignitaries present were Judge John Delworth, Jr., GL Committee on Judiciary; Grand Secy. Stanley Kocur; and Chm. Herbert Brautzsch, GL State Associations Committee.

The next annual convention will be held in French Lick the first weekend in June, 1987.

Newly elected officers are President Kenneth O'Canner, Whiting; First Vice-President John Dellworth, Rochester; Second Vice-President Harry Sherer, Brazil; Third Vice-President Joseph Erp, Seymour; Fourth Vice-President Carroll Dickerson, Lebanon; Fifth Vice-President Donald Young, Hartford City; Sixth Vice-President Robert Rhea, Kendall-ville; Seventh Vice-President Marvin Buck, Rockville; Secretary Mel Keith,

Anderson; and Treasurer Ed Emans, Frankfort.

Contributions of \$135,000 were made to Purdue University and Indiana University School of Medicine for cancer research, the state Major Project. That amount brings the total donations to \$2,726,750 for cancer research.

Bloomington won the Ritual Contest in a close finish with Anderson finishing second and Crawfordsville finishing third.



SP Richard Alves

The California-Hawaii Elks Association held its 71st Annual Convention at Fresno, CA, May 14-17, with outgoing State President Cliff Beatty, Chico, presiding. Registration totaled

2,988, including 1,704 members and 1,284 ladies.

Honored guests included then-GER John T. Traynor; PGERs Robert Yothers, Horace Wisely, R. Leonard Bush, Gerald Strohm, and Marvin Lewis; Grand Trustee Donald Dapelo; and Arthur Livingston, president of the Arizona Elks Association.

The State Ritualistic Contest was won by Garden Grove Lodge.

Dr. Forest Tennant, Jr., an expert in the field of Substance Abuse Prevention, was the special guest speaker at the Friday luncheon for members and ladies. Dr. Tennant is well known to those working in the association's Drug Awareness Education Program.

The climax of the convention occurred Saturday morning when the exalted rulers of all of the lodges marched to the stage to present their lodges' contributions to the California-Hawaii Elks Major Project, Inc. (CHEMPI). The Major Project provides therapy services to physically handicapped children.

Total contributions were \$2,479,487, an increase of \$26,950 over the preceding year. CHEMPI expenditures for the year ending March 31, 1986, were \$2,804,829. The budget set for 1986-87 is \$3,066,590.

New officers of the association are President Richard Alves, San Jose; Secretary Harry Henzi, San Mateo; and Treasurer C. Drex McCulley, Redondo Beach. Nineteen district vice-presidents were also elected.

The association will hold its mid-term meeting in Palo Alto November 6-8. The next annual convention will be held May 13-16, 1987, in Sacramento.

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40th Anniversary . . .

(Continued from page 24)

the 1976 Grand Lodge Convention in Chicago.

While appearing to be simply recreation or entertainment, the Elks' hospital programs have a more serious purpose. They communicate to the patients that they are not fighting their battle for recovery alone. They are given renewed vigor for the long struggle for health. These have been described as "the heart things—the home things." A companionship therapy is provided that is beyond the scope and time of a busy professional staff.

The programs are intended to provide cheer, comfort and encouragement. They include variety shows by the best professional entertainers available, and ward shows which bring talent to the bedside. Carnivals, clambakes and cookouts are held outdoors in suitable weather.

Baseball and football games are staged on hospital grounds. Bingo games with novel prizes are popular. Television sets donated by the Elks are placed in dayrooms for the patients' entertainment.

In neuro-psychiatric hospitals, the physically fit enjoy dances, field

days, bowling and other participant sports, and all other forms of activity normally enjoyed in the outside world.

Events held outside all of the hospitals bring busloads of veterans to lodge affairs, baseball and football games, picnics, fishing trips, and other outings. Veterans parties featuring sports celebrities are traditional at many lodges. Special celebrations are held during the holidays.

More intimate services include bedside visits, birthday parties, writing letters, paying for phone calls home, sharing personal experiences and other acts of friendship. Elk volunteers also push wheelchairs, help patients to walk, and help out in hobby classes, lavatories, and many other places.

The latest innovation is the "Adopt-A Veteran" program, which is now an integral part of the Elks' veterans program. Elk committees select a patient without a home or family near the hospital. The adopted patient receives regular visits, observances of special holidays, personal care items, and other special services. If the veteran can leave the hospital, he is taken to off-station luncheons and dinners. Last year 15,542 veterans were adopted by lodges.

Occupational Therapy
Occupational therapy is an impor-

tant part of the patient's recovery process. As leathercraft is one of the most popular and beneficial projects, finished hides are always in great demand. Government budgets are limited, and there is always a need for additional leather.

In a number of states, the Elks have hide-gathering programs during the hunting season. The raw hides are collected at central points and shipped to tanneries for processing. The finished leather is then distributed to veterans hospitals throughout the country. In Massachusetts, leather, textiles and plastics for occupational therapy are donated to the Elks by the many manufacturing companies in the area.

The Elks Leather Program is the major supplier of hides to VA medical centers and state veterans hospitals. Since the inception of the program, 84,798 hides have been furnished, with an estimated market value of nearly four million dollars.

Since the Elks National Service Commission was established in 1946, Elks and their ladies have been "serving those who served" in many different ways. Their compassionate fulfillment of the Elks Pledge of Remembrance has greatly enhanced the esteem in which the Order of Elks is held. All Elks shine in the reflection of their great patriotic work.



Almost everyone likes delicious, ripe berries. See if you can guess the names of these popular kinds from the clues given. All names end with "berry." The answers are provided at the bottom of the page.

- 1. A berry named for a color.
- 2. The name of this red berry also means the dry chaff which is left after grain is threshed. The berries grow on spreading plants close to the ground. Used for jam and preserves, served with cream and sugar or as shortcake, this berry is a summertime favorite.
- 3. This sweet, juicy berry was named for the famous American horticulturist who developed it. Late in the 19th century, in the eastern United States, he found tiny, sour, prickly blackberries growing wild on thorny, tangled bushes. He worked with the plants until at last, after several years of

- work, they produced the large sweet blackberries which we know today.
- 4. This berry's name is tied to American history. The Pilgrims found the bright red berries growing wild on vines in the New England swamps. They noticed long-legged shore birds called cranes eating the berries, so they decided to try some. They cooked the berries into jam, and ate it with roasted wild turkey and other meats.
- 5. This berry took its name from a word which means: "to file or scrape." If you pick some of the berries, you might understand why. Most people wear long gloves to protect their arms

- while picking these berries. They are great favorites for jams and preserves as well as baked goods.
- Many people enjoy these tangy, greenish-yellow berries cooked with sugar to make jam or jelly. Named for a web-footed farm fowl, the berries grow on tall bushes and ripen in late summer.
- 7. This berry was named for an American horticulturist who hybridized it from three berries: the blackberry, the loganberry and the raspberry. The large sweet berries, dark red in color, are popular for making juice, jam and various desserts.
- 8. This rather small, purplish-blue berry grows wild in clusters on tall shrubs along creek beds or streams. Many years ago people gathered the berries to make wine, as well as for cooking into jams or preserves.

ANSWERS: 1. blueberry 2. strawberry 3. loganberry 4. cranberry 5. raspberry 6. gooseberry 7. boysenberry 8. elderberry.



