



Ouray Elks Lodge
#492
January 2025 Newsletter



IT'S JUST ANOTHER NEW YEAR'S EVE BARRY MANILOW



A Message From The Exalted Ruler



Happy New Year

It is a new calendar year, and in three months a new fraternal year for our Elks' Lodge begins. The second Lodge meeting in January is when we start nominating officers for the 2025-2026 fraternal year for our Lodge. Current officers, please let me know if you want to stay on as an officer and which office you would like to fill. If you are not an officer and would like to fill an office, also let me know. We love all of our members, but our members' holding a chair as an officer or committee member are crucial to our Lodge's survival and success. As an officer you will see, in great detail, how we are involved in our community. We really need our

newer members, to become officers, to help The Lodge in understanding the current needs of our community.

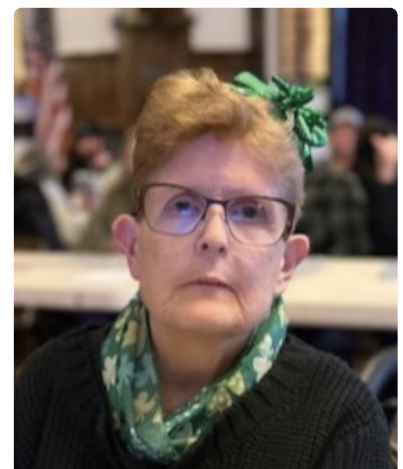
Please come to our meetings so that you can see all that we do.

Remember "Elks Care – Elks Share".

Steve Scheu, ER

Secretary's Column

As the calendar turns to January, in Elkdom things begin to move into the new fraternal year. Later this month, members will receive their 2025-2026 dues statement. Dues for regular members will be \$91.50 and for Lifetime members the dues will be \$65.00. This is a \$3.00 increase from last year. The increase can be attributed to The Colorado Elks Association (CEA) raising their dues. However, the CEA did negotiate a deal with the insurance company and each Lodge was evaluated individually instead of being evaluated in a group pool. This is the first time in several years our Lodge did not receive an increase for the insurance coverage. Your dues will be due no later than March 31, 2025.



"You are never too old to set another goal or to dream a new dream." – C.S. Lewis.

Membership Stats as of December 27, 2024

Active Members: 377

Candidates: 9

Pending Transfers: 0

Delinquents: 19

Veteran's Holiday Event

On December 8, 2024, Steven and I represented our Lodge at the 947 th Army National Guard Holiday Party. This party was hosted by the West District Elks Lodges. A video link was set up with the deployed unit. The Elks gave out 28 Camo Bears and books to the children, and an additional 53 presents were given out from the Giving Tree requests.

In attendance were CEA 3 rd VP Willie Gordon, Nick DeMercurio, PDDGER, Diane Curtis, PDDGER, Manette Steele, PDDGER. Chery Gordon, PER, Jeremy Sheetz, ER Grand Junction #575, Steven Scheu, ER Ouray #492, and John Sanborn, Trustee Delta #1235.

Nick DeMercurio PDDGER and children of the National Guard



ENF Update January 2025

JOIN THE CLUB

Scan the QR code to join the Fidelity Club with a monthly donation to the Elks National Foundation through your credit card or bank account. It is an easy and secure way to support your Foundation!

Learn more at enf.elks.org/FC



Helping Elks Build Stronger Communities

THE ENF PER CAPITA GOAL FOR 2024-2025 IS SET AT \$5.00. The easiest way for you to help the Lodge obtain this goal is to join the The Fidelity Club. To join snap a picture of the QR code, or go to <https://www.elks.org/ENF/FidelityClub.cfm>

January Membership Committee Update

Happy New Year to you all~

*We're starting a new event called **Crafter Corner!!** Please join us!!*



Crafter Corner: 1st Monday of the month 4-6pm (beginning January 2025) Bring your projects, come learn a new craft, and join your fellow crafty friends for an afternoon of fun and crafts!!

The membership committee is working on upcoming events, watch for upcoming social media posts and emails for more information!

Happy New Year! We Looking forward to seeing you around The Lodge in 2025!

January Veterans Chairman Update

Hello All~

As the Veterans Chairman for our lodge I am humbled by the generosity of Elk members and the Ouray Woman's Club. All of the Veterans served were as grateful as am I. With the bad weather and the emergency drop off spots for the goodies I only know the names of a few of the donators but my heartfelt thanks goes out to you all. We also want to thank the servers: Gail DeMercurio from the Grand Junction Lodge and Nick did a drop in to see if we needed help, Robert Burns, Diann Correll, Bob Minnick, Lynne Evans, Manette Steele.

Approximately 160 Veterans, family and staff (most of whom are Veterans) were served the most wonderful assortment of fudge, cookies, cupcakes, lemon bars, brownies and an American flag cake. We partnered with the Woman's Club so a big shout out not only goes out to our lodge members donation and the Grand Junction lodge donations but also to the members of the Woman's Club that donated.



Huge Thank You

A huge thank you to the generosity of Liz Schmidt (Cookie Exchange host) Bette Maurer, PER, and Linda Moore. The Ouray Elks Lodge has been able to host our holiday goodie buffet and support the Grand Junction Veterans Hospital. In addition, we've been able to share cookies with nursing homes and communities in need. So far, we've delivered treats to Horizon Senior Community in Eckert and Willow Tree Nursing Home in Delta, with more deliveries planned. These home-baked goodies are especially meaningful to the Veterans residing in these senior care homes.

Thank you Liz, Bette and Linda for your kindness and thoughtfulness!



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***Check out these FABULOUS events at
Ouray Elks Lodge in December!!
All because of our AMAZING volunteers!!***

Fun fact: our ***December*** volunteer hours totaled ***OVER 600 HOURS!!!*** ***Thank you so much to:*** Shelly, Bobby, Elizabeth, Tom, Trisha, Brad, Bombi, Catherine, Linda T., Stephanie, Kaci, Angi, Jill, Manette, Bob, Lynn, Bette, Linda M., Adam, Monica, Robert, Diann, Liz, Crandall, Don F., Ed, Colby, Chris, Eric, Jeff, Lori, & Eric H.

Just so you know...ALL of the cooking, cleaning, decorating, maintenance, planning, committees, officers, newsletters, email correspondence, website & social media updates are ALL tasks completed by VOLUNTEERS!!

****Pretty Please Consider Volunteering In 2025****

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Yule Night is super special...even Santa makes a stop at The Ouray Elks Lodge

December 7, 2024

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Yule Night Parade

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1st Annual Ouray's Timeless Treasures Tour

December 7th & 8th, 2024

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Thank you to The Ouray Elks Lodge, Board, members and especially all the volunteers who helped make The WCOC 1st annual Timeless Treasure tour a great success!

We had **68 guests** on December 7th & 8th tour Ouray Elks Lodge. We received many compliments on our special building, the lovely holiday decor , and our beautiful bar !!

I appreciate everyone's help and support!

Thank you ~ Stephanie Cunningham



Gingerbread House Contest

was

A HUGE SUCCESS !!

**19 children and their parents participated in The
Gingerbread House Contest**

Congratulations to our winners Cooper, Layla and Sadie

December 14, 2024









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***1st Annual
Toys for Santa Delivers Drop Off
Cookie Exchange
&
Ugly Sweater Contest
December 20, 2024***

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Ugly Sweater Contest Winner
Robert Burns



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Santa Delivers
December 24, 2024

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A TIME HONORED TRADITION SINCE 1928

Local legend says the Santa Delivers program began when Elk members were on their way to The Lodge on Christmas Eve in 1928. They saw a wagon parked alongside the snowy road. Attached to the wagon was a note from a little girl informing Santa that because her family was poor and traveling, she hoped that he could still find them. That night, The Elk members found a Santa suit and delivered fruit, candy and nuts to the family.

Each year since then The Ouray Elks have carried on the loved tradition of delivering candy and presents to kids on Christmas Eve.

Santa Delivers

****A VERY SPECIAL THANK YOU****

***to Shelly for all of her time, love and
comittment to this long standing tradition for the
children of Ouray.***

***We received \$1100.00 in donations and were able to
deliver gifts to 72 children***



****Another Special Thank You To Our Santas*
Colby, Chris, Bombi, Jeff, Eric & Crandall
...and all of The Santa Elf Helpers and Elf Drivers!!***





Bowling Winners & News

The fall season of bowling has concluded and the winning team for the season was the Pin Heads. The Pin Heads' team members are Tom Tyler, Kevin O'Brien, Mike Wage and Andy Wage. So when you see them, congratulate them on their victory. The final standings are posted at the bowling alley door.

With the conclusion of the fall season it is now time to sign up for the 9-Pin season. We will start bowling on January 13th. There will be a maximum of 11 or 12 teams. This season will run about 13 weeks, depending on the number of teams. If you have a team or wish to bowl and do not have a team contact Steve Scheu at srscheu@gmail.com or call 970-318-0285 by December 31st.

Bowling dues will be in the area of \$60, plus a \$10/night of bowling tip to the pinsetter.

Due to events from the last season, your bowling dues will be due the first night of bowling. No bowling without your dues being paid. Also, your team needs to make a commitment to show up to bowl. Not all bowlers need to be there but some are due. Last season we had a 30% no show rate.

This robbed the other team of a night of bowling.

Steve Scheu ER, Bowling Coordinator

2024 Standings

<u>Team</u>	<u>Wins</u>	<u>Losses</u>	<u>Place</u>	
#1 Pin Heads	28.00	4.00	1st	 87.50%
#2 Gutter Snipers	20.50	11.50	4th	64.06%
#3 Butter Hole Ballers	25.00	7.00	3rd	78.13% 14981
#4 Randy and the Rollers	25.00	7.00	2nd	78.13% 15508
#5 Bar Tenders	14.00	18.00	5th	43.75% 14479
#6 Gutter Goddesses	9.00	23.00	7th	28.13%
#7 ? ? ? ?	0.00	32.00	9th	0.00%
#8 We Were Framed	14.00	18.00	6th	43.75% 14406
#9 Big Ol' Ballers	8.50	23.50	8th	26.56%

High Scores >165

Tom Tyler	201
Steve Scheu	196
Tom Tyler	178
Rick Colpitts	174
Andy Wage	173
Steve Scheu	171
Mike Thomas	169
Rick Colpitts	168
Rick Colpitts	167
Tom Tyler	167
Steve Scheu	166
Adam Kunz	166

Lowest Handicap <65

Tom Tyler	37
Andy Wage	38
Rick Colpitts	44
Steve Scheu	45
Mike Wage	47
Adam Kunz	48
Ike Randall	55
Mike Thomas	61
Randy Reyes	64

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**** PLEASE READ ****

***WE HAVE A LOT OF SPECIAL EVENTS
COMING UP IN JANUARY***

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January 18, 2025

****SAVE THE DATE****

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Pinning Ceremony

***Honoring our fellow Elks that have 50 years
plus as members of our great Lodge***

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**** 5:00 Cocktails * 6:00 Dinner * 7:00 Ceremony****

Traditional Italian Dinner

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Italian Appetizer
Homemade Caesar Salad
Rustic Garlic Cheesey Bread
Authentic Bolognese
Creamy Pesto Tortellini
Italian Cookies for Dessert
\$20.00 per person

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PLEASE NOTE:
Due to limited seating this will be a
RSVP Event ONLY
Invite Link & Further Information To Follow

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Join us for January Karaoke
January 11th & January 25th

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Come out and party with us, even if you don't sing...and if you don't sing, you can request a song by anyone of those that do sing.

Cocktails 6:00
Karaoke 7:00

Thank you~ Eric Havelick

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* Tips For A Healthy 2025 *

Check Out This Blue Zone Lifestyle Article

Have you ever wondered why some people live to be 100 or older? Dan Buettner did. In the early 2000s, Buettner embarked on a mission to determine what specific aspects of lifestyle and environment might help humans live longer. He teamed up with National Geographic and the National Institute of Aging, assembling a team of anthropologists, epidemiologists and researchers who were able to identify five areas with the highest percentage of centenarians. Known as [the Blue Zones](#), these areas also have **low rates of chronic diseases including heart disease, diabetes and cancer.**

After Buettner and his team traveled to these regions to study the lifestyle characteristics of these vital super seniors, the [Blue Zones eating plan](#) was born. “The Blue Zone way of eating and living has been linked to lower risks of developing heart disease, [type 2 diabetes](#) and some cancers,” [explains Laura Lu, RD, CDN](#), a registered dietitian nutritionist and certified intuitive eating counselor in New York City. “It’s important for people to understand that Blue Zone isn’t a specific diet. It’s actually a concept that highlights various regions, cultures and access to local food. One of the most significant, underrated benefits from the Blue Zone is the **emphasis on improved quality of life. This is characterized by cultivating strong social connections, staying active and [reducing stress.](#)”**

Here’s everything you need to know about Blue Zones, including food recommendations and more:

What are the five specific locations of the Blue Zones?

1. **Sardinia, Italy:** Sardinia is the second-largest island in the Mediterranean Sea and home to some of the **world’s longest-living males**. The local shepherds walk at least five mountainous miles daily and follow a predominately plant-based diet. Meat is enjoyed on Sundays and special occasions only.
2. **Okinawa, Japan:** The **world’s longest-living women** are from Okinawa, a chain of islands in Japan. Their longevity is suggested to be in part due to their close-knit social circles, as well as an old Confucian mantra said before meals that reminds them to avoid overeating and stop when they are 80% full.
3. **Loma Linda, California:** The residents of this city in San Bernardino have **one of the highest rates of longevity in America**. The community of Seven-Day Adventists in Loma Linda follow a primarily vegan diet and also recognize their Sabbath day weekly.
4. **Nicoya, Costa Rica:** The Nicoya Peninsula is known for elders with a **positive outlook on life**. Their diet is abundant in tropical fruits packed with antioxidants, and their water is rich in calcium and magnesium that helps to prevent heart disease and builds strong bones.

5. **Ikaria, Greece:** This island in Greece is known for the long-living locals who embrace a [Mediterranean diet](#) abundant in olive oil, fruits, vegetables, whole grains, and beans. Ikarians also take time for a mid-afternoon break. They experience *half the rate of heart disease and 20% less cancer than Americans do*. Additionally, most Ikarians are Greek Orthodox Christians that follow several periods of fasting throughout the year where they essentially follow a vegan diet.

Blue Zone Recipes For The New Year



Click on the link below for fresh, healthy and beautiful Blue Zone recipes



Blue Zone Archives

Dive into the vibrant world of longevity and health with my series of recipes that cater to the world's Blue Zones. Blue Zones are regions

known to live longer, healthier lives based on their diets rich in whole grains, beans, fruits, and veggies.

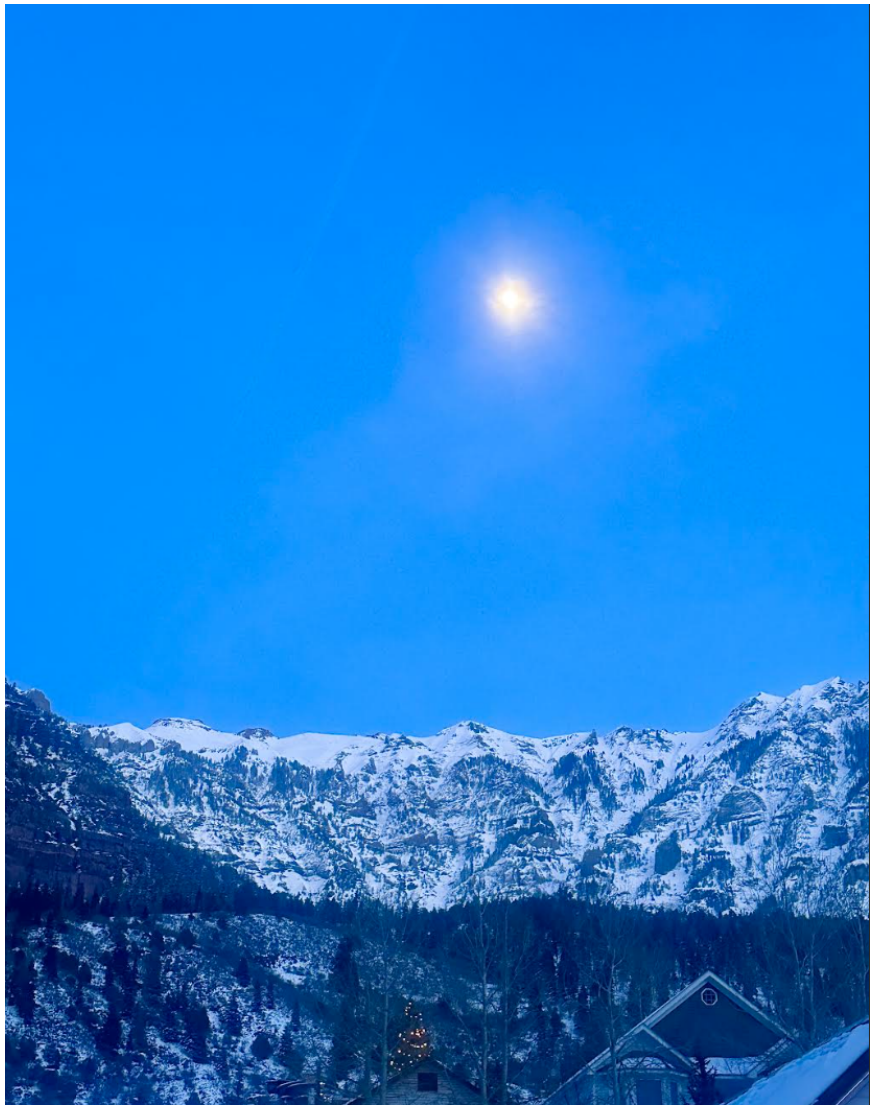
📧 foodbymaria.com

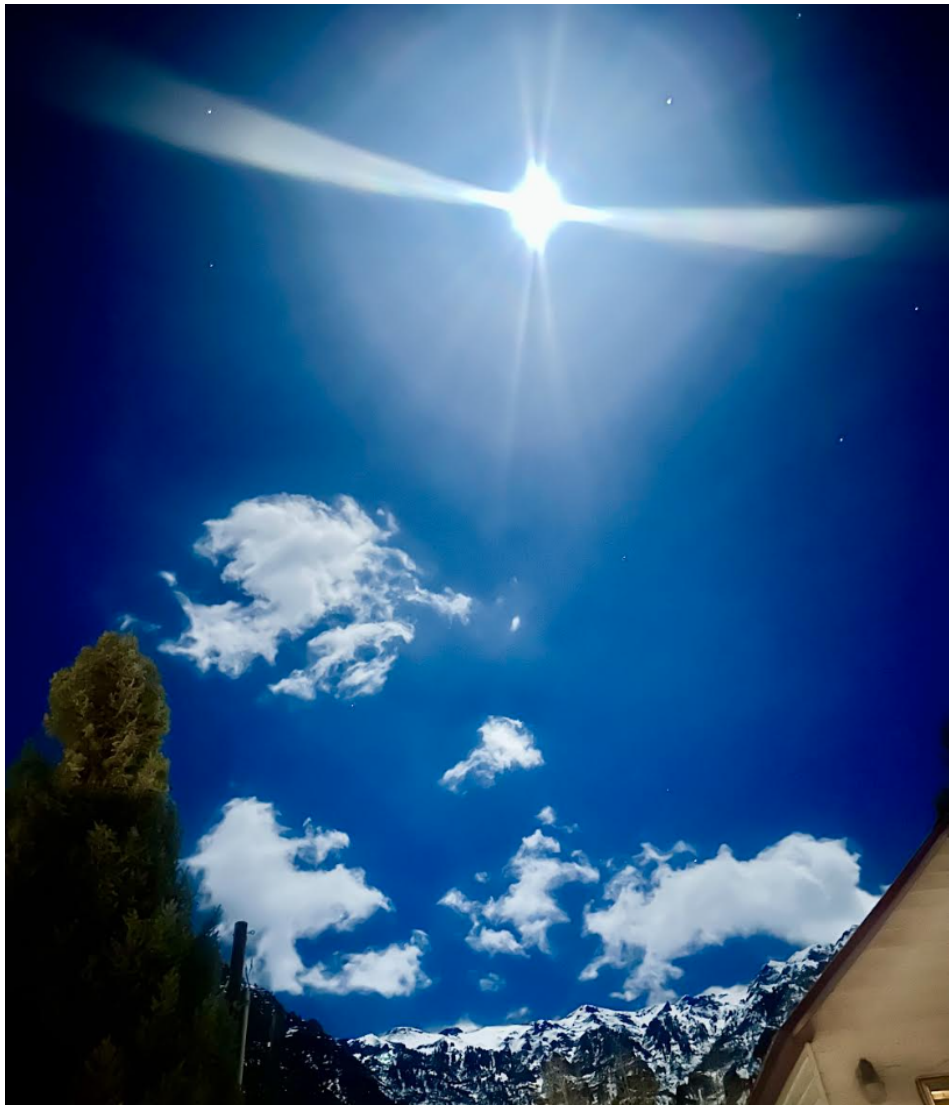
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****Absolutely Gorgeous December Ouray****



**** Picture courtesy of Kerri Marsh***









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****ELKS LODGE #492 REMINDERS****

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Weekly Veterans Coffee

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Welcome Home Alliance for Veterans

Ridgway Coffee and Pastries

2nd Tuesday of every month 10:00 am - 12:00 pm

Sherbino Theater 604 Clinton St., Ridgway, CO 81432

Only Veterans. If you haven't registered for your veteran ID tag, please bring your DD214 or a military ID. No family, no friends, no soliciting, no agendas, this is for veterans only.



Volunteers

We always need volunteers to help with our amazing events, Friday Night Dinners, cleaning, decorating and bartending. Please contact Elizabeth Bates 707-688-6839 if you would like to volunteer for our great Lodge.

Do You Have An Email Address???

If so, please send your email address to our Lodge Secretary Jill Scheu, jscheu.ourayelks492@gmail.com. Get your Lodge news and event information sooner!

Please Join Elks.org

We encourage all of our members to visit the www.elks.org website and register for the Members Only section, to help you stay in touch with what is happening in this wonderful organization of which you are a valued member!

Sickness and Distress

If you know of anyone who needs our prayers and healing thoughts, please send them to *Leading Knight, Phil Martinez, PER* to: bombieouray@gmail.com

2024-2025 OFFICERS

Exalted Ruler ~ Steve Scheu
Leading Knight ~ Phil Martinez, PER
Loyal Knight ~ Kathy Pettingill, PER
Lecturing Knight ~ Suzy Brown
Treasurer ~ Liz Owens
Secretary ~ Jill Scheu
Tiler ~ Tyler Schuyler
Inner Guard ~ Bob Brown
Chaplain ~ Robert Burns
Esquire ~ Eric Havelick

Trustees:

1st Year Trustee Bill Trainor
2nd Year Trustee Bobby Rummel
3rd Year Trustee Tom Tyler, PER

Other Contributors:

Bar Manager ~ Trish Newman~Johnson
Newsletter Editor ~ Elizabeth Bates
Website Editor ~ Koree Wilde
Social Media ~ Molly Taylor

Calendar of Events

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		December 31st New Year's Eve 5:00 Cocktails 7:00 Karaoke Bring an appetizer to share	1 New Years Day	2	3 Friday Night Dinner 5:00 Cocktails 6:00 Dinner	4
5	6	7	8	Ouray Elks Lodge #492 Meeting & Initiation	10 Friday Night Dinner 5:00 Cocktails 6:00 Dinner Skyjoring	Karaoke 6:00 Cocktails 7:00 Karaoke Skyjoring
12	13	14	15	16	17	18
Skijoring					Friday Night Dinner 5:00 Cocktails 6:00 Dinner	Pinning Ceremony 5:00 Cocktails 6:00 Dinner 7:00 Ceremony
19	20	21	22	23	24	25
				Ouray Elks Lodge #492 Meeting	Friday Night Dinner 5:00 Cocktails 6:00 Dinner	Karaoke 6:00 Cocktails 7:00 Karaoke
26	27	28	29	30	31	

					Friday Night Dinner 5:00 Cocktails 6:00 Dinner	
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Happy January Birthdays to these Fabulous Elks!!

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Happy Birthday To You Song Remix DJ





REMIX

PLEASE click the image icon for a happy birthday wish to you all!!

(CLICK ON THE ARROW ABOVE TO LISTEN)

- 1-Jan *Julie Chowdry*
- 1-Jan *Skyler Gabriele*
- 1-Jan *Charles (Bobby) Levay II*
- 4-Jan *Scott Pavey*
- 4-Jan *Cathy Warren*
- 7-Jan *John Harper Jr*
- 8-Jan *Susanne Winton*
- 9-Jan *Donald Henline*
- 9-Jan *Doreen Pulbratek*
- 10-Jan *Jenna Flaig*
- 10-Jan *Greg Saint Clair*
- 11-Jan *Michael Boland*
- 11-Jan *Robert Caldwell*
- 14-Jan *Gustav Franz III*
- 15-Jan *Mary Emily McCullough*
- 15-Jan *Steven Scheu*
- 18-Jan *Richard Colpitts*
- 18-Jan *Karin Jones*
- 18-Jan *Brian Owens*
- 19-Jan *Julie Wesseling*
- 21-Jan *Ryan Hein*
- 21-Jan *Basil Isaac*
- 22-Jan *Jane O'Laughlin*
- 25-Jan *Danielle Rodriguez*
- 26-Jan *Willem Geyer*
- 27-Jan *Karin Fellin*
- 27-Jan *Nicholas Peck*
- 29-Jan *Kaci Fleming*
- 29-Jan *Bruce Gulde*
- 29-Jan *Tamara Gulde*
- 29-Jan *Robert McCulloch*
- 29-Jan *Jan Petersen*



*To Our
Absent Members*

From The Tablets of Love and Memory 2020-2023

- ~RICHARD C MORTON ~
- ~BENJAMIN KUEHLING ~
- ~RICHARD (DICK) SPIREK ~
- ~MARY ELLEN (ME) SPIREK~
- ~JAMES NOBLE LAURENCE (BUTCH) GUNN ~
- ~PETER DECKER~
- ~ROBERT ABBOTT ~
- ~AL ROSSI ~
- ~RAYMOND MARKEY ~
- ~JACK E CLARK ~
- ~PETER KLEIN ~
- ~RONNIE DEAN DICKSON ~
- ~JOHN LESNEFSKY, PER, PDDGER ~
- ~MICHAEL S BAZIN ~
- ~DANNY WESSELING,PER~
- ~LOUIS KARMES~
- ~THOMAS SLUGA~
- ~NORM SMITH~
- ~GERALD GEORGE~
- ~BRUCE WINFREY~
- ~RONALD F WILLIAMS, SR~
- ~CASS STANISLAWSKI~

~RANDY LEE CAHOON~
~NICK DIAMOND~
~LARRY HEEREN~
~KENNETH SODOWSKY~
~WILLIAM "BILL" LISTER~
~VIRGINIA AST~



Ouray Elks Lodge #492 Mother Lodge of The Western Slope

Email: ourayelks492@gmail.com

Website: www.ourayelks.org

Location: 421 Main Street PO Box 647 Ouray, CO 81427

Phone: (970) 325-4510



Lodge News

Lodge is using Smore to create beautiful newsletters