

As Long As There Are Veterans, The Elks Will Be There To Help

Mental Wellness is tough to talk about. The Berea Elks want our veterans & first responders to to have the tools they need to make it easier to do so

> numerous biometric measurement tools and instruments to better help identify key triggers affecting the mental and physical health of those in high stress conditions.

These are all provided at no cost thanks to a Freedom Grant awarded our lodge by the Elks National Foundation. I strongly encourage any veterans of our lodge to sing-up for this free seminar and encourage other veterans you may know to do the same.

Additionally, Parick is our Drug Awareness Program (DAP) Chairperson for both the lodge and for the Northeast District.

He has worked diligently on upgrading the District's DAP trailer and is always looking for ways to get the message out about how to save our youth from drug addiction.

On **Saturday, October 28th from 10:00 a.m to 2:00 p.m**, our lodge will be partnering with Berea Police and the Drug Enforcement Administration on the **National Prescription Drug Take Back Day**.

Anyone can bring their unused or expired prescription drugs to the lodge for collection and safe disposal,



keeping these potentially dangerous drugs away from abusers and out of our landfills and water systems.

Please "Thank" all these amazing Elks who have been spotlight over the last several months for spreading Elkdom.

Fraternally,

Danielle Mahany

"Drug awareness & vets are what we do"

By Danielle Mahany

Dear fellow Elks,

First, I would like to thank all those individuals who helped this summer with the running of the lodge and kitchen. Deb Greenhill, Lora Volpe, Bob and Sally Bickford, you assistance was greatly appreciated (more than you know!).

The spotlight this month is on someone who is passionate on many causes...Trustee Patrick Greenhill.

His biggest passion is for a program called The 3Rs Path:

- Emotional Resilience
- Mission Readiness
- Healthy **R**eintegration

It is geared toward the unique stressors faced by our military members, veterans and first responders.

The program is about stressors. How to self-identify potentially deteriorating wellness markers, how to identify red flags with family and friends and learn a foundational routine to positively impact overall wellness and health.

In the month of November he will be holding a seminar on **Sunday November 5, 2023, from 1:00 p.m. to 5:00 p.m**. at the American Legion Post 91 in Berea.

This is a free event to all active military, veterans, and first responders which includes program instruction along with

Lodge Officers & Key Contacts

Berea Elks Lodge #1815 is one of the best lodges in all of Elkdom thanks in many ways to the hard working efforts of the officers and managers of the lodge.



Exalted Ruler
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Esteemed Leading KnightBob Bickford



Esteemed Loyal KnightDeb Greenhill



Esteemed Lecturing Knight Hans Larsen



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Trustee Chair Jon Elias
Trustee Pat Greenhill
Trustee Rich Ward
Trustee Kevin Maloney, PER

Lounge Manager Kitchen Manager

Trustee

Danielle Mahany Richard Threadgill, PER

II™ HQUR LOUNGE

11th Hour Grille Returns This Month

As Autumn returns to Northeast Ohio, so does the traditional 11th Hour Grille on Tuesday and Friday nights! Fresh made burgers, salads, appetizers, quesdillas, and more are all back and better than ever. Cooking duties during October will be shared between ER Danielle Mahany and PER Richard Threadgill.

Thank you to all who came down over the summer, supporting the lodge during our slower times. Our lounge and kitchen are the primary revenue sources for the lodge and the continued patronage keeps our lodge functioning, allowing us to do all the great charitable works we do.

The grille and the bar is always looking for volunteers to help on Tuesdays and Fridays. **Even one night a month for just a couple of hours** helps lessen the workload of those who regularly work in the kitchen or bar. No professional experience is necessary and every little bit helps.

If you have any interest or ability to help, please contact the kitchen manager, Richard Threadgill by e-mail (bereaelk@gmail.com) or give him a call at 216-210-5339.



Welcome New Member!

The lodge grew last month, initiating new member Dan Starks from Berea. We're excited to have Dan join the Order. If you know someone that would be a great Elk, invite them down to the lodge and show them around. Let's keep growing!

Happy Birthday!

The lodge would like to wish all members with birthdays in October all the best as they celebrate another trip around sun. Be sure to wish each person a happy birthday this month!

Paul Lowrie October 2
Dianna Threadgill October 5
Joe Jonhenry October 7
Chris Greene October 8
Dennis Porter October 10
Aric Pruitt October 10
John Masterson October 11



Helping Those That Served

Sunday, November 5, 2023 - 1:00 - 5:00 PM



EMOTIONAL RESILIENCE MISSION READINESS HEALTHY REINTEGRATION



In honor of those who served, Berea Elks Lodge #1815 and American Legion Post 91 of Berea have partnered to host a *FREE* Veterans Wellness Program addressing reintegration to civilian life, PTSD mitigation, and learning personal health warning signs.

- Learn how to impact your personal health and wellness and learn the warning signs of deteriorated wellness for fellow veterans and others.
- Take aways will include an ability to track wellness metrics through wearable devices provided by our program.
- Learn how to build a foundational routine for an understanding about HOW and WHY, rather only learning WHAT impacts wellness.

We will feature a presentation on building foundational routines to improve resilience:

The 3Rs Path: Emotional Resilience

Mission Readiness

Healthy Reintegration

The program is <u>free</u> to active military and all veterans and will include gift bags for the first 30 veteran registrants containing personal health monitoring equipment, health diaries, and other supplies essential to the program.

To register, go to bereaelks.com/3RS

Light snacks will be served during the presentation, with a dinner at 5pm to honor the service of our Veterans. **RSVP by October 28, 2023**.

EVENT LOCATION

American Legion Post 91 91 American Legion Parkway Berea, OH 44017

This program is funded by a Freedom Grant awarded to Berea Elks Lodge #1815 From The Elks National Foundation



2023-2024 Berea Elks Dart League Sign-ups Still Available

The Lodge Fall & Winter Dart League sign-up sheet is in the Lounge Now! We need 40 regular darters as well as multiple available subs. All darters are welcome, we especially encourage new darters to get involved!

This is open to all members, spouses & friends. We play an 18 week regular season with a 3-week single-elimination tournament at seasons-end. Our 8 best darters will be on separate teams with the balance of each team selected by blind-draw. Dues are \$90 for the entire season and can be paid in weekly installments of \$5 if it is more convenient.

Play will be each Tuesday **beginning on October 10th**, starting at 7pm and rarely taking longer than 2 hours to play each match. Our League is a FUN LEAGUE first and foremost! All skill levels are welcome!

Sign-Up Now!

Putt for Cerebral Palsy

The CP Ball was unfortunately cancelled this year, but the lodge still wants to help raise money for cerebral palsy. Come down to the lodge on Saturday, October 14 and try your hand on our very tricky, custom-made \$1,000 putting green!

\$10 gets you three putts. Put the ball in the hole and win a ticket for a chance to win a bottle of Old Elk bourbon.

Bourbon drawing will take place at the end of the night and is open to all Elks and their guests. Bring cash and a steady hand!

Crafts & Cocktails

Join us Saturday, October 21 in the lounge as PER Richard Threadgill will be serving up his famous "fancy cocktails" all night as members work on their own hobbies and crafts at the lodge.

Do you knit, quilt, scrapbook, paint, etc. Bring that project you are working on down to the lodge and enjoy some of the best cocktails all night with good company.



Lodge Events - October

October is packed with events, something for everyone! Put this calendar on the fridge and come support your lodge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
lodge Closed	2 LODGE CLOSED	GOLF PLAYOFFS PINBALL LEAGUE STARTS eleventh hour GRILLE	4 LODGE MEETING 7:30 PM	5 LODGE CLOSED	Trivia	7 \$5 WINE NIGHT
8 LODGE CLOSED	9 LODGE CLOSED	DART LEAGUE GOLF PLAYOFFS eleventh hour GRILLE	BOD MEETING 7:30 PM	12 LODGE CLOSED	Trivia NIGHT	PUTT FOR CEREBRAL PALSY
15 LODGE CLOSED NE DISTRICT MEETING PARMA	16 LODGE CLOSED	DART LEAGUE	LODGE MEETING 7:30 PM	LODGE CLOSED	Trivia NIGHT	21 CRAFTS & COCKTAIL NIGHT
LODGE CLOSED	LODGE CLOSED	DART LEAGUE	25	26 LODGE CLOSED	Trivid NIGHT	28 DEA NATIONAL STAKE ACK 1815 Club
29 LODGE CLOSED	30 LODGE CLOSED	DART LEAGUE	WINE NIGHT Saturday, October 7 Calling all wine lovers! The lounge will be offering select wines for just \$5 a glass all night.			

National Prescription Drug Takeback

Saturday, October 28 - 10:00 a.m. to 2:00 p.m.

Bring your unused and/or expired prescription drugs to the lodge as we partner with Berea Police and the DEA to safely and properly dispose of prescription drugs.

Volunteers are needed and welcomed!



DEA NATIONAL &





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BULLHORN & WEBSITE STAFF

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: Richard Threadgill, PER bereaelk@gmail.com

LODGE COMMITTEE CHAIRS

Community Projects Public Relations Disaster Aid Hoop Shoot Youth Activities Americanism

ENF Lodge Activites Veterans Bowling

Calendars Judiciary

Conventions/Reunions Drug Awareness (DAP) Scholarships "Real" Golf League Video Golf League Government Relations

Lodge Management Accident Prevention Charity Ball

Ohio Elks Endowment Rituals

Soccer Shoot Ohio Elks News Lodge Development Cerebral Palsy

Charity Tickets

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: Rich Threadgill, PER

: Eric Banks, PER

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: Rich Threadgill<u>, PER</u>

: Lenny Oliveri, PER : <u>Jeff Coyle</u>, PER

: Rich Threadgill, PER

: Rich Threadgill, PER

: Bob Bickford : Hans Larsen

NORTHEAST DISTRICT

Activities Chair (DAC)

: Jeff Coyle, PER Berea Lodge #1815

DDGER

: Bob Geiger (Sr.), PER Lakewood Lodge #1350

MEETINGS/EVENTS

Northeast District Meeting October 15 Parma Lodge #1938

Berea Elks #1815 LODGE LOCATION & MAILING ADDRESS 626 N. Rocky River Drive Berea, OH 44017 (440) 234-1604

www.bereaelks.com

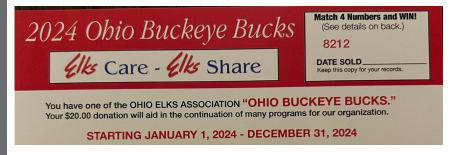


2024 Buckeye Bucks Calendars Now Available

For only \$20 you get a great pocket calendar with a unique 4-digit number. If that number matches any of the "Ohio Lottery pick-4" twice-a-day drawings in 2024, you will win \$50 up to \$500, with 728 chances to win!

No work on your part - the check will automatically show up in the mail. Our Lodge has a goal of selling 200 calendars this year. As the lodge keeps \$5 for each calendar sold, this would raise \$1,000 for us.

NEW THIS YEAR! Don't really use a pocket calendar.....Now you can buy, for the same \$20, a card only with your 4-digit number. It still gives you the exact same chance of winning, but without the calendar.



To help us reach our goal: Whomever sells the most calendars by December 31st will win a free calendar, specifically the one with our Lodge number 1-8-1-5 on it. Turn in all calendars at the lounge. Make sure you identify yourself as the seller! Let's make this our best calendar sales year ever!



This essay contest is open to all 5th thru 8th graders in the local area. This year's theme is "What the Bill of Rights Means to Me". In 300 words or less, each student is encouraged to share their own ideas on this theme. If your student hasn't already been introduced to this program by their teacher, please contact us for details.

We typically receive up to 1,000 essays each year from students in the Berea, Strongsville, Olmsted Falls & local Parochial Schools. Our local winners advance to the NE District competition and can advance to the State and National levels. All essays are due back to the Berea Elks Lodge by December 15th.

Mark your calendars now for all these amazing events coming up over the next few months

NOVEMBER

November 4 - Purse Bingo

November 5 - 3R's Veterans Mental Wellness Clinic

November 9 - Veteran's Dinner at Lakewood Lodge

November 11 - Veterans Day - 907 1/2 Club

November 25 - Friendsgiving

November 29 - 5th Wednesday - Blue Monkey Brewing

DECEMBER

December 2 - 907 1/2 Club

December 9 - Winterfest

December 10 - Alia Bailey Gift Drive

December 16 - Holiday Gala

Fall Pinball League Begins October 3

Congratualtions to the following teams that placed in the summer tournament:

1st Devon & Dianna Threadgill

2nd Jeff Coyle & Bob Bickford

3rd Amy & Andy Tyler

The fall/winter league will begin Tuesday, October 3rd. A sign-up sheet is in the lodge near the pinball machine.

Sign-up for a fun league that you can play at your own pace. Good luck!





Saturday, November 4th

Doors open at 5:00 pm Members & Guests Welcome!



Ticket includes 10 bingo games, light snacks, plus a door prize ticket.
Only 100 admission tickets will be sold.

BEREA ELKS LODGE #1815
626 N. ROCKY RIVER DRIVE
BEREA, OH 44017
Buy tickets at lodge or at
bereaelks.com

Chinese basket raffles, 50/50, plus additional bingo sheets available for purchase on each purse for a better chance of winning.

Proceeds benefit the building fund which helps the lodge drive programs for veterans and kids

veceruns und kius

Cash bar

kate spade and more!







Drug & Alcohol Addiction Through Recovery Housing

The Jack Muhall Center located on Cleveland's west side houses 40 men (many of whom are veterans) recovering from drug and alcohol addictions. Now part of the Road to Hope House, the center provides an abstinence-based, twelve step environment within which the addicted person receives the support, guidance and faith necessary to become a productive member of our society, while living in accordance with a regimen of daily sobriety.

Personal Responsibility is at the heart of their program. Residents are required to have a sponsor, attend AA meetings and are charged a nominal monthly fee, but must be gainfully employed and able to pay their own way.

The expectation is that residents develop and hone the discipline and attributes necessary to successfully integrate back into the community and leave the facility after a relatively short period of time.

The Berea Elks donated \$3,000 to the center using funds from an Elks National Foundation (ENF) Gratitude Grant. The monies will be used to purchase a new commerical-grade refrigerator that the center is badly in need of. A number of coffee makers and cleaning supplies were also donated.

The center still needs more coffee machines, coffee, filters, cleaning supplies, and paper towels. If you can donate, please bring them to the lodge for delivery later this month.







Berea Elks #1 In Ohio

As of this writing, Berea lodge has retaken the lead in Ohio for ENF per capita this year at \$31.58 per member. Our goal is to get to \$75 this year.

We are #23 in the entire country (out of 1,845 lodges!).

To achieve this, our continued support of the Fidelity Club is paramount.

Not a Fidelity Club Member yet? Signup now at **Elks.org/ENF** and click the Fidelity Club link. It is believed that the Elks award more scholarships than any other organization in the country except for the federal government.

This year, through the Elks National Foundation (ENF), the Elks will award **500 four-year Most Valuable Student** (MVS) scholarships to graduating high school seniors across the country.

Scholarships range from \$4,000 (\$1,000/ year) to \$50,000 (\$12,500/year) and are open to any student graduating high school in 2024

The student does not have to be related to an Elk member, nor do they need to have any affiliation with the Elks!

Anyone that has graduated high school already is not eligible and the applicant must be a citizen of the United States.

Every scholarship is competiviely awarded based on demonstrated leadership, academic achievements, community

involvement, and financial need.

In all, the Elks will award \$2.44 million in MVS scholarships in 2024. Application enrollment **begins August 1, 2023 and closes November 14, 2023** at 11:59 PM.

In addition to MVS scholarships, the Elks will award 350 **Legacy Scholarships** in 2024. These are \$4,000 four-year scholarships (\$1,000/year) and are only for children or grandchildren of Elks members who are graduating high school in 2024.

Unlike MVS Scholarships, Legacy Scholarships are only awarded to children and grandshildren of Elks members. Ohio has been allocated seven (7) Legacy Scholarships, plus there are an additional 100 "at large" scholarships available. Legacy Scholarships applications open September 1, 2023 and close February 5, 2024.

Spread the word to family and friends of graduating high school students!

BEREA ELKS

BEREA ELKS LODGE #1815 - 626 N. ROCKY RIVER DRIVE - BEREA, OH 44017