

New Orleans, LA Lodge No. 30

Of the Benevolent and Protective Order of Elks Of the United States of America Chartered December 7, 1884

> 2215 Cleary Avenue, Metairie, LA 70001-1628 504-888-8152 noelkslodge30@yahoo.com



Exalted Ruler: Scott Guirovich 2025-2026 Est Leading Knight: Sean Triplett~ Est Loyal Knight: Kenny Buuck, PER Est Lecturing Knight: Eugene Reyes Trustees: Betsy Ibos, PER (26) ~ James Hester (27) ~ Gail Millet, PER (28) ~ Karen Thompson (29) ~ Michael Juan, PER (30) Secretary: Brian L. Baye, PDDGER ~ Treasurer: Kevin Ibos, PER Esquire: Charles Schmuck, PDDGER, PSP, PER Tiler: Connie Armstead~ Inner Guard: E.J. Ward ~ Chaplain: Gwen Ward

Exalted Ruler's Message

My fellow Elks,

Welcome to Summer and the warmer weather! Lodge #30 had a wonderful May with plenty of activities and fellowship amongst our fellow Elks. I would like to thank Eugene Reyes, Esteemed Lecturing Knight, and his committee for a very successful Mother's Day brunch. The crowd was huge and everyone had a wonderful time. The pool is now open and a very special thanks to Sean Triplett, Esteemed Leading Knight and Pool Committee Chairman, as well as everyone else that has helped with the pool opening. Your efforts haven't gone unnoticed. Thanks to James Hester PER and his committee for their successful Youth Awards banquet. I hope everyone had an enjoyable Memorial Day with family and friends and that you took a minute to pause to thank the fallen who made the ultimate sacrifice to make this day possible.

Looking ahead to June there are plenty of events around our Lodge. Our Flag day celebration and ritual will be held at noon on Saturday, June 14th. As a reminder the pool will not open that day until after the ceremony is completed. The LEA State Convention is this month in Alexandria. I hope that everyone attending has a wonderful time and that you take away something extra about the Elks. The 80's Rock-n-Glow pool party is an excellent opportunity to enjoy your pool and meet with fellow Elks. Thanks to all involved for bringing excellent events to our Lodge. And, lastly, our Elks National Convention will convene in Kansas City, Missouri on June 29th!

As a reminder to all members, there is no general lodge meeting on Friday June 27th due to the national convention.

Happy Father's Day to all the Dads for all that you do. Make sure you thank all of the Dads in our Lodge when you see them. As always, I am humbled and thankful for all of the volunteers and members that make our Lodge what it is. We have come through some trying times and I look forward to continuing our progress.

Fraternally,

Scott Guirovich Exalted Ruler





Officer of the Month

Gene Reyes

The effort that Gene exhibited to make our Mother's Day brunch a success was a tribute to his enthusiasm and desire to make our Lodge the best in the State. Gene is also embracing his role on the Board of directors and I appreciate his hard work.

Elk of the Month

Jennifer Guirovich

Jen has worked on our newsletter to make it the best I've seen. In this edition of the newsletter, Jen has started a new monthly health page to assist our members in keeping health conscious. Additionally, Jen is the driving force behind our new Elks bucks program. Thanks Jen for all that you do for Elkdom!



Hello Summer and hello to the high temperatures. Now is the perfect time to come visit your lodge and enjoy a cold refreshing drink and cool off in the swimming pool. Lounge hours as well as swimming pool hours are posted in the newsletter for your convenience. Remember your dues must be paid in order for you to enjoy all the amenities that the lodge offers.

Speaking of dues, we continue to chip away at our delinquent member list. As of the writing of this article, we currently have 79 members in the arrears. Please submit your dues as soon as possible. The lodge offers several options for payment; we can even take your credit card payments over the phone.

June 6 – 8, 2025, the Louisiana Elks Association will hold the 89th Annual State Convention at the Hotel Bently located in Alexandria, LA. The deadline to register for the Convention was May 23, 2025. This is a great opportunity for all Elks in Louisiana to come together and share in camaraderie as we work together in Elkdom.

June 29 – July 2, 2025, the National Convention will be held in Kansas City, MO. The Louisiana delegates will be housed at the Westin Kansas City at Crown Center. And this year is the return of the Louisiana State Delegates Dinner. Additional information on the dinner will be made available once it is received. At this time, the Grand Lodge has not sent out any information on any proposed resolutions. Once they are received, they will be posted on the lodge's bulletin board and read at the next membership meeting.

I would like to wish all the dads a very Happy and Safe Father's Day.

Fraternally, Brian L. Baye, PDDGER Lodge Secretary. Now that June is here, we begin our journey into Summer 2025, and we are not stopping the good time. As you know the pool is open and when the lounge is open the side door will also be for you to come in to grab a beverage for your enjoyment. Please remember that swimsuits are not allowed in the lodge so please throw on a cover before you enter, and the glass stays inside, not by the pool.

May was an extremely busy time at the lodge as we held Mother's Day brunch, Youth Awards banquet, the annual pub crawl, karaoke night and the Kentucky Derby event. If you missed out on just a few of these I hope that you can make them next year. Thank you all who attended and all of you who helped make every one of these events special. This is what we do as a Lodge, for our families and for our community.

Coming next month be on the look out for a special monthly addition to the newsletter. We will be hearing from two of our beer experts in the lodge Sean & Jarrod. The section will talk about beers, types and styles and other cool facts. It should be an interesting read. They will also make a recommendation that will be featured all month at the bar.

The Louisiana State Convention will be held June 6-8th in Alexandria, LA. Many of our members attend and I hope that you can as well. The lounge will be open regular hours and days for those who do not attend. Please support the lounge if you are not able to attend the state convention, I am sure that there might be something special on Saturday for a snack.

We are offering assorted Truly drinks, introducing Jameson Triple and I am sure that there will be more to come later this month. I am proud to announce that the Black Cherry Mojito is back by popular demand, if you have not had one of these you are missing out. We are also featuring an amazing Woodford Smoked Old Fashion; this is a first-class drink that our bourbon fans will enjoy. I am always looking to offer exciting and new items for everyone so let me know and I will see what we can do.

Please remember that Father's Day is June 15th. For those of you who still are lucky to have your Dad make his day special and relaxing. For those of us who have lost our Dads please take some time out to remember just what he taught us and the gifts of being a Dad that he shared. Fathers come in many ways, some are stepfathers, some are men who step up and guide young people to the right path and regardless of the type every child that a father figure helps with is remembered and loved for the gifts that they share.

Have a great month and please remember to be safe during the summer and always enjoy your beverages responsibly.

James Hester PER Bar Manager & Fun Coordinator





Committee Chairpersons,

Including information regarding your committee's affairs in the newsletter is a great way to keep the membership informed and publicize any upcoming events. Content must be submitted via email by the 20th of the month to <u>elks30news@gmail.com</u>. Any content received after the 20th will be placed in the next newsletter. Jen Guirovich, Newsletter Editor



Auxiliary News

Hi everyone I hope all of our Moms had a blessed Mother's Day. I understand the Brunch was a very nice event and well attended. Thanks to all who had a hand in preparing for this event. Seems it gets bigger and better each year.

The Auxiliary is selling tickets for a \$500 Visa, Chances are 6 for \$5.00 or \$1 for single ticket .The winner will be pulled at the LEA Convention on June 7th. This is one of our fund raiser, the money goes for Scholarships .

Please keep all of our members who are struggling with health issues in prayer.

Respectfully, Wanda Carey Auxiliary President

Newsletter Advertisements

Not yet advertising your business in our newsletter? What are you waiting for?!

2025-2026 Pricing:

\$100 per year for a business card

\$150 per year for a quarter page

\$200 per year for a half page

\$250 per year for three quarters of a page

\$300 per year for a full page

Submit your ad via email to elks30news@gmail.com. Preferred file formats are jpg and png. Pdf is acceptable but will result in lower quality images. Need some help? Please reach out to us at the email listed above and we will be glad to help as much as we are able.







If you currently advertise with us and would like to continue, please remit your **payment by June 20, 2025**. We accept cash, check, or credit card. Payment can be made with the lodge clerk or at the bar.



3 Ball is back at the Elks Lodge. We had 4 show up not only to play but to contribute to the Veterans Home in Reserve. In our first time we raised \$50.00 for charity.

2nd Wednesday of the month every month at the lodge. Starting at 7pm. \$10 Dollar buy in (all of which goes to charity). Played 3 ball before, then bring your dollars. If not, come watch, learn, and donate. It's easy. It's fun. It's for our veterans.

Contact is Darren 225-266-1216 ddll1@live.com

Hours: Thursday & Friday 3-8 pm, 7 pm on meeting nights. Saturday 12-10 pm Sunday 12-8 pm.

*On Flag Day, Saturday, June 14, the pool will be closed until after the ceremony

OOL NEWS

Sean Triplett Pool Chairman













Next Meeting: Saturday, June 28

Applications will be given out and/or accepted, deposits will be accepted

Meetings will be held on the last Saturday of each month starting May 31,2025, and each month until October 24, 2025, from 10:00 am till 12 noon where, deposits, applications and payments will be taken at the Elks Lodge, 2215 Cleary Avenue Metairie, LA 70001 (504) 888-8152

If you wish to ride in our Mardi Gras Parade, please come to a meeting and see what we are all about.

Mike Juan, Captain Elks Krewe of Jeffersonians elkjeffersonians@gmail.com

Membership GROWTH

Applicant Giselle Berrius Kenneth Raymond Candace Ingram Jacqueline Dugas Corey Gaudet Marcus Johnson Lee Kelly Anna Naquin Lee Curry Susan Spiess These applicants will be balloted on June 13th and initiated on June 27th.

Proposer

Lesley Mitchell Lori Taylor Lisa Oglesby Shelly Schwindt Theadore Morel Betsy Ibos Betsy Ibos Sean Triplett Amanda Ward Connie Armstead







Saturday, June 14

Ritual at Noon

in the antler room.

*Pool will be closed until after the ceremony.



Special thanks to Kevin Ibos, PER for filling in as TEMPORARY lodge treasurer. Anyone interested in running for this paid position at the lodge, please notify any board of directors member. A general knowledge of QuickBooks is a plus but not required.





If you were born in June then we have a *Birthday Party* just for you. We have cake and hats, noise makers and snacks and a free Birthday drink just for you. Bring your family and friends to enjoy your Birthday Party.

June Birthdays

Elinor Bright – 1 Bryan Ruiz – 2 Fannel Brassette – 3 Maria Thompson – 3 Frances Raphael – 4 Heather West – 4 Joel Barker – 5 Dennis Gros – 5 Sonia Nguyen – 5 Amber Cancienne – 7 Michael Lafosse – 8 Dainel Williams – 8 Dennis Bergeron – 9 Maria Evangelista – 9 Chad Bruno – 10 Michael Evans – 11 Keith Larmeu – 12 Cyril Reisgen – 12 Debbie Blacksher – 13 Caffrey Favrot – 15 Gina Whiteman – 15 William Ello – 17 Annette Trahan – 20 Neil Saia – 21 Lorraine Braud – 22 Brian Seghers – 23 Nancy Wallis – 23 Donell Baye – 24 Nicholas DiGerolamo – 26 Michael Lesslie – 30



The Elks Mardi Gras Parade 1946

Mardi Gras of 1946 was one to remember, being the first to be held after a five year dry streak. With World War II finished, and hundreds of people finally returning home, this celebration became one of the best there's ever been.



Elks Krewe of Orleanians Parade Float "Fisherman's Dream" on Canal Street. 1960

The Krewe parades this year were sponsored by "The Elks Krewe of New Orleanians". Originally, there was supposed to be a 50 float limit, first come, first served. Supplies were still in low stock, and the Krewe wouldn't be able to provide for an excess of trucks caused by additional entries. The organizers quickly had to change to a drawing; too many people wanted to be a part of the parade. The drawing was held Tuesday at 8pm at 705 Common Street, and a contest was scheduled, with 12 prizes being put aside for the 12 most outstanding floats.

The Elks Parade, interestingly enough, had a tradition of choosing kids to lead the krewe each year. In 1946, they partnered with the "Protestant Orphans' Home" where "Francis Ackerman" — a 15 year old —was picked to be the king of the parade this year. He was fitted with satin thighs and a kingly robe.

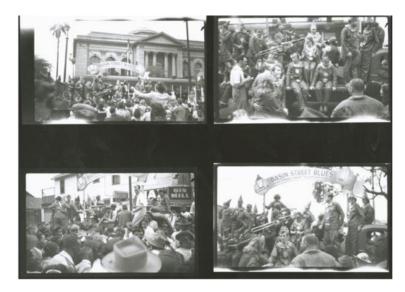




Elks Krewe of Orleanians Parade Float "Frisco Kids" on Canal Street. 1960

Elks Krewe of Orleanians Parade Float "Fisherman's Dream" on Canal Street. 1960.

On Friday afternoon at 12:30pm, the executive committee of the "Krewe of Orleanians" met to discuss the parade and establish the roles for the parade. "Walter Williams" was established as co-captain of the parade and "Salvidore Graziano" as treasurer.



William , Russell. *Bunk Johnson Band. Tulane University Digital Library*. Hogan Jazz Archive, Special Collections, Howard-Tilton Memorial Library. Tulane University, 1946.

When the parade finally started, it went off with a *bang*. Floats of 20 people on beautiful trucks drove through New Orleans, drawing crowds and inspiring revelry. There was an account of a young, 25-year-old woman named "Mrs. John D Leblanc" being injured on 519 Soniat Street. She reportedly suffered a compound fracture of the right leg and a scrap laceration, due to getting caught under the wheel of a truck trailer alongside her husband. Both were quickly taken to the hospital to be treated.

The Wednesday after the parade became the moment everyone was waiting for, as the winners for the best floats were announced. Top three floats were "Spirit of Bataan", "Easter Bunnies", and "Indian Village". These parades with trucks later became the standard for parades over the years — which we can all see now if you ever go to Mardi Gras.



Recipe for:

CORN CASSEROLE

From the Kitchen of:

Laurie Pelanne

Ingredients:

- 1 can whole kernel yellow corn, undrained
- 1 can cream style yellow corn
- 1 (8 oz.) carton sour cream
- 2 eggs, beaten
- 1 box Jiffy corn muffin mix
- 1 stick butter, melted

Directions:

Mix all together and pour into large, lightly oiled casserole dish. Bake at 350°F for 55 to 60 minutes.

Introducing a new incentive/reward program effective June 1, 2025:



Elks Bucks (EBs)

Rules:

Expiration date (30 days from issue date)

Initialed/signed by authorized officers (Exalted Ruler, Esteemed Leading Knight)

Embossed with lodge seal

Non-transferable

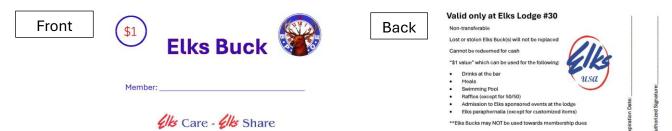
Lost/stolen Elks Bucks will not be replaced

Cannot be redeemed for cash

"\$1 value" which can be used for the following at Elks Lodge #30:

- •Drinks at the bar
- •Meals
- •Swimming Pool
- •Raffles (except for 50/50)
- •Admission to Elks sponsored events at the lodge (not Auxiliary events)
- •Future Elks paraphernalia "store" (except for customized items)

**EBs may NOT be used towards membership dues



Ideas for Elks Bucks to be given:

- •Officer of the Month 10 EBs
- •Elk of the Month 10 EBs
- •Officer of the Year 25 EBs
- •Elk of the Year 25 EBs
- •New membership competition # EBs TBD
- •Outstanding services/good deeds # EBs TBD

•Committee chairpersons can recognize special volunteers, donors, etc. (1 recognition per committee – above and beyond regular committee duties; all recommendations reviewed by the Exalted Ruler) - # EBs TBD

•Members who consistently go above and beyond with cooking, etc. - # EBs TBD

If you are interested in serving on the new Elks Bucks committee, please contact either Scott G. or Sean T. for more information.

June Awareness

Submitted by Jen Guirovich with the help of Microsoft Copilot AI

June is **Alzheimer's and Brain Awareness Month** so let's delve into some helpful information to keep our brains healthy and learn about early warning signs of a problem.



Brain health is greatly impacted by various factors including genetics, environment, lifestyle, etc. While some things such as genetics may be out of our control, let's review some healthy lifestyle choices that we can control to keep our brains in top shape.

- 1. Engage in **mental stimulation** by challenging your mind. Learn something new. Play word games. Solve a math problem. Do something creative such as arts & crafts.
- 2. Engage in regular physical activity. Walking, dancing, gardening, swimming...
- 3. Eat **nutritious foods** such as veggies and lean protein, while avoiding processed foods.
- 4. Keep your **blood pressure** under control. Eat healthy, exercise regularly, reduce stress, and limit your alcohol intake.
- 5. Keep your **blood sugar** under control. Especially if you have diabetes, it is important to monitor your blood sugar levels and ensure they remain at goal.
- 6. Control your **cholesterol**! Food choices and physical activity play a huge role.
- 7. Avoid tobacco and nicotine. Period.
- 8. Limit alcohol intake to no more than 2 drinks per day.
- 9. Keep your **mental health** in check.
- 10. Make sure your **sleep** is restful.
- 11. Protect your head. Wear a helmet for things like biking and skating. Wear a seatbelt.
- 12. Engage in **social** activities and maintain connections.

If you have difficulty with any of the above, contact your healthcare professional for further guidance and information. For #12, you're already doing great by being a member of the Elks. Get more involved by volunteering for any of our committees, events, etc.!

June Awareness Alzheimer's and Brain

Signs of Alzheimer's

A Comprehensive Overview

Alzheimer's disease is a progressive neurological disorder that impacts memory, thinking, and behavior. This condition is the most common cause of dementia, affecting millions of individuals worldwide. Recognizing the early signs of Alzheimer's is crucial for seeking timely intervention and managing the condition effectively. Here, we delve into the key signs that may indicate the onset of Alzheimer's disease.

Memory Loss

One of the most common early signs of Alzheimer's is memory loss that disrupts daily life. Individuals may forget recently learned information, important dates, or events. They may repeatedly ask for the same information, relying on memory aids, such as reminder notes or electronic devices, or family members for things they used to handle independently.

Challenges in Planning or Solving Problems

People with Alzheimer's may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe, keeping track of monthly bills, or concentrating on tasks. This can result in the need for more time to complete routine activities.

Difficulty Completing Familiar Tasks

Individuals may find it hard to complete daily tasks, such as driving to a familiar location, managing a budget, or remembering the rules of a favorite game. They may struggle to complete tasks that were once second nature to them.

Confusion with Time or Place

Losing track of dates, seasons, and the passage of time is another sign of Alzheimer's. Individuals may forget where they are or how they got there. They might also find it challenging to understand something that is not happening immediately, leading to disorientation.

June Awareness Alzheimer's and Brain

Trouble Understanding Visual Images and Spatial Relationships

For some people, a decline in visual perception is an early sign of Alzheimer's. They may have difficulty reading, judging distance, and determining color or contrast, which can cause problems with driving.

New Problems with Words in Speaking or Writing

Individuals may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They might struggle with vocabulary, have trouble finding the right word, or call things by the wrong name.

Misplacing Things and Losing the Ability to Retrace Steps

A person with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing, especially as the disease progresses.

Decreased or Poor Judgment

Individuals may experience changes in judgment or decision-making. They may use poor judgment when dealing with money, giving large amounts to telemarketers, or paying less attention to grooming and keeping themselves clean.

Withdrawal from Work or Social Activities

People with Alzheimer's may start to remove themselves from hobbies, social activities, work projects, or sports. They might have trouble keeping up with a favorite team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they are experiencing.

Changes in Mood and Personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful, or anxious. They may become easily upset at home, at work, with friends, or in places where they are out of their comfort zone.

June Awareness Alzheimer's and Brain

Other Cognitive Symptoms

As the disease progresses, the severity of cognitive symptoms increases. Individuals may exhibit severe disorientation, confusion about events, time and place, and eventually a complete loss of independence. Daily activities will require more assistance, and the individual might need full-time care.

Importance of Early Detection

Recognizing these signs early is critical for seeking a professional evaluation. Early detection allows for more effective management of symptoms, planning for the future, and exploring treatment options that may help to slow the progression of the disease.

Conclusion

Alzheimer's disease is a devastating condition that not only affects the individual but also their loved ones. Understanding and identifying the signs can lead to early intervention and better quality of life. If you or a loved one are experiencing these symptoms, consult a healthcare professional for a thorough assessment and guidance.

More than 6 million Americans are estimated to have Alzheimer's disease.

Learn about dementia, ways to help reduce your risk, and more at **www.alzheimers.gov**.

#NIAAIzheimers





A MESSAGE OF THANKS

I cannot thank everyone enough for the TREMENDOUS support Brenda and I received for the Mother's Day event.

I had so many people come up to me and thank me for the very enjoyable event. I kept trying to explain to them that it was a TEAM effort and they are the ones that deserve all of the credit. My main job was to stay out of the way and let the EXPERTS do their thing.

So, please let me try to thank those TEAM MEMBERS starting with Brenda Vitrano, who did an excellent job in decorating the Antler room and then making sure each mom received a rose, several gifts, and door prizes. Special thanks to Mike J. and James H. for not only preparing but also purchasing most of the food items and of course as always, the true stars – our amazing PERs Don B., Brian B., Kevin I., Kenny B., Lincoln B., and Pat R. I don't think the average member realizes how fortunate we are to have in Elks lodge #30 such dedicated individuals (male & female). They are the perfect examples of continuous support for ALL events. It would be a privilege and honor to stand among them and God willing I hope to do that in the future. Scott G., Sean T., E.J.W., Eddie D., Marie C., and as always, our lodge "mother" Sonia H. always checking to see if things are right. When you work with people like these, tasks are not a chore but a privilege. Please forgive me if I left anyone out but realize our sincere appreciation.

I can better understand why lodge #30 is not only among the best in the state but also in the nation.

Again, thank you and let's continue to show the Elk world why we have such a longstanding tradition of "Excellence."

Gene Reyes Esteemed Lecturing Knight

Elks Care - Elks Share



















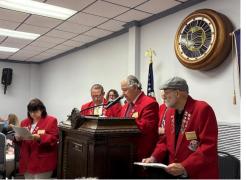


















Break out the neon and big hair for our 80's Rock-n-Glow pool party. Join us on **Saturday, July 26th** for a night filled with music, fashion and the atmosphere of the 1980's. DJ "Triple B" will be playing all your favorite tunes from the 80's – pop, rock & new wave hits. Get those neon-colored shirts out from the attic, put on those leg warmers and tease that hair up high. The cost is **\$10.00 per person**, which includes food and a free daquiri. Glow sticks provided – don't' forget your swimsuits as it is also a swim party.

Veterans Resources



Veteranscrisisline.net 24/7 confidential crisis support for veterans and their loved ones



DAV.org Disabled American Veterans: Life Changing Support For Those Who Served



VFW.org Veterans of Foreign Wars





vehiclesforveterans.org Donate your vehicle!

Empoweringvets.us Veterans Empowerment Services Positively Putting an End to Veteran Homelessness One Solider at a Time empoweringvets@yahoo.com 504-298-5009



Creativets.org Healing Wounds of War Through the Arts

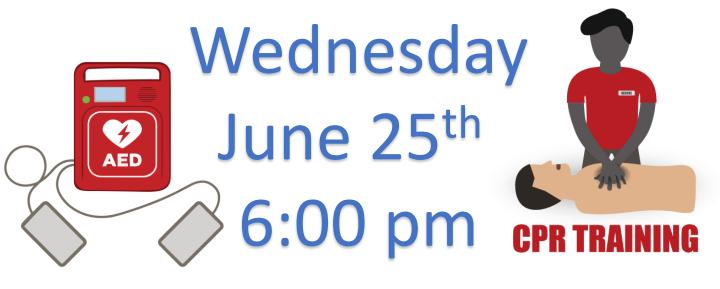
Military Records

VA.gov U.S. Department of Veterans Affairs

https://vetrecs.archives.gov

Archives.gov The U.S. National Archives and Records Administration 1-86-NARA-NARA or 1-866-272-6272





In the Antler Room

