



LODGE 6 FIRST ORGANIZED – FEB. 25, 1877; INSTITUTED – DEC. 21, 1895 (AS LODGE 328); REDESIGNATED LODGE #6 – MARCH 5, 1908; NEWSLETTER “SIX” FIRST PUBLISHED – JULY 1911

SACRAMENTO ELKS • 6446 RIVERSIDE BLVD, SACRAMENTO, CA 95831 • SEPTEMBER 2024 • VOL. CXV, NO. 6

## EXALTED RULER’S MESSAGE



**O**ur Lodge was host for the first of five Learning Seminars being held in the state. On August 10, about 100 Elks members from various lodges were at our facility. Most were from our district, but we had several attendees from Southern California.

My deepest thanks to all who made this event happen. I cannot stress enough the pride and gratitude I have as your Exalted Ruler for everyone who pitched in to help pull this off. I asked for volunteers who were not Officers and Committee members so that those in current leadership could attend the training, and you responded.

There are too many to acknowledge here by name, but I want to give special thanks to Rick Pixley, Ken Head, Mona and Dennis Johnston. Rick and Ken oversaw breakfast, while Mona and Dennis took care of lunch. Rick had an additional challenge in dealing with a major plumbing issue at the same time, but he took care of both without missing a beat. This was a great opportunity for Elks 6 to show that we have not only survived our past challenges, but are thriving.

All attendees appeared to enjoy their visit and several commented that they “were made to feel welcome by everyone, from the ER on down.” Wonderful job! Thank you, Thank you!

*~ Sue Hill, Exalted Ruler*



## FROM THE LEADING KNIGHT *The chair of charity*



### THE IMPORTANCE OF CULTIVATING OUR ELK COMMUNITY

Why we need each other:

- Living in a community promotes our health and well-being.
- Our minds are relational and affected by the quality of our social connections.
- Community is built through acts of intentionality, vulnerability, and creativity.
- Community is a safe environment.

Our relationships, more than anything else, set the stage for our health, happiness, and well-being. Research indicates that the quality of our social relationships affects a range of health outcomes, such as our mental health, physical health, and mortality risk (Umberson & Montez, 2010). These relational effects start in early childhood and lead to cascading effects throughout life, which can either positively or negatively impact our health and development.

We are relational beings in nature, and when we’re

isolated or detached from a community, our health and mental health can quickly take a toll. PTSD, depression, anxiety, and mood disorders are all exacerbated by isolation. Life is hard enough on its own. We’re not meant to go about it alone. Take a look at your hand, one finger can do little, but if all the fingers move together, they form a powerful fist. Imagine what we can accomplish as a community, if behind us we had the power of the Thundering Herd?

Research within the field of interpersonal neurobiology sheds light on our biological need for community. Thanks to the work of Dan Siegel and others, we learn the degree to which our minds themselves are both embodied and relational. What we experience in our minds is highly influenced by our relationships and shared connections with others. Our network of social supports serves as the most profound predictor of our health and well-being.

In other words, our diet, how often we journal, or the number of daily positive affirmations we repeat isn’t nearly as important as the community we surround ourselves in. The social connections we have (or don’t have) can literally shape *(continued on page 4)*

# The SIX

Published Monthly

Sacramento Elks Lodge No. 6  
6446 Riverside Blvd., Sacramento, CA 95831

Send articles/photos to:  
Deb Reyman, Editor  
e-mail [newsletter@elks6.com](mailto:newsletter@elks6.com)  
Deadline: By the first of the month.

## 2024-2025 Lodge Officers

Exalted Ruler .....Sue Hill  
Leading Knight .....Robert Moore  
Loyal Knight .....Justin Lehr  
Lecturing Knight .....Carol Mitchell  
Secretary .....Gina D’Arcangelo  
Treasurer .....Joanne Martin  
First Year Trustee .....Pat McDaniel  
Second Year Trustee .....Jonathan Gayton  
Third Year Trustee .....James Nevans, PER  
Fourth Year Trustee .....Robert Van Gundy  
Fifth Year Trustee .....Pamela Muljat Zanze  
Esquire .....Janine Wilson  
Chaplain .....Shannon Lewis  
Inner Guard .....Nicole Holton  
Tiler .....Carolyn Bray  
Organist .....Dan Baldassari

## 2023-24 OFFICER OF THE YEAR

Gina D’Arcangelo

## 2023-24 ELK OF THE YEAR

George Pfieler

## 2023-24 VOLUNTEER OF THE YEAR

Kenneth Head

## LODGE OFFICE

Secretary/Event Reservations..... 916/422-6666  
Fax: 916/422-6324 [lodge@elks6.com](mailto:lodge@elks6.com)

## OFFICE HOURS

Monday-Friday ..... 9 am-3 pm

## RENTAL COORDINATOR

Catherine Gonzales ..... 916/422-8351  
Email [events@elks6.com](mailto:events@elks6.com)

## OFFICE HOURS

Tuesday-Saturday ..... 9 am-3 pm

LOUNGE ..... 916/422-6666, ext. 6

## LOUNGE HOURS

Monday, Saturday ..... 3-9 pm

Tuesday-Friday ..... 3-10 pm

Sunday ..... 1-8 pm

Happy Hour, daily ..... 4-7 pm



Free WiFi available while  
enjoying your favorite beverage.

**Check out our website**

[www.elks6.com](http://www.elks6.com) or [www.sacramentoelks.com](http://www.sacramentoelks.com)

## SECRETARY'S CORNER

## MEMBERSHIP REPORT



As of April 1, 2024 Total Members: 652

New members initiated: ...	32	Dropped:.....	5
Transfers in:.....	3	Transfers out:.....	3
Reinstatements: .....	7	Absolute dimitt:.....	0
<b>Gain</b> .....	<b>42</b>	Deceased:.....	1
		<b>Loss</b> .....	<b>12</b>

As of August 1, 2024 Total Members: 682

**Lapsation Report** Six months delinquent: 71 One year delinquent: 0

## UPCOMING EVENTS

**SUMMER CONCERT SERIES MUSIC ON THE LAWN** – Sept. 13, 5-9p. \$15 presale, \$20 at door. Food/drink available for purchase.

**OCTOBERFEST** featuring the Grand Isle Fire Brigade Street Band — Sept. 14, 5-9:30p, \$15 presale, \$20 at door. German food/drink available for purchase.

Call the Lodge Office at 916/422-6666 to reserve and/or pre-pay for your meals at least three full days before the event (all meals include tax).

## ONGOING ACTIVITIES

**BREAKFAST** Sundays 8:30-11a.

**CRAFT AND CREATE MONTHLY MEET UP** 1st Sunday, 11a-2p, in the Lounge. Bring your creative project to work on.

**FARMER’S MARKET** Saturdays 8a-1p. Saturdays 9a-1p. Fresh certified produce, dips, pastries, and activities for kids.

**FITNESS CENTER HOURS** Members with fitness center access can get into the building and fitness center at 4:30a. The building locks at 10p for all members.

**HAPPY HOUR** Daily 4-7p. Bring an appetizer to share if you like, but do come join us!

**IMPROV NIGHT** 2nd and 4th Wednesdays, 6-8p. John Paul Pressburg-Nevans, 916/320-1055

**KARAOKE** Thursday & Saturday 7p.

**MARTIAL ARTS** Monday 5p. Brian Olden, [bjolden07@yahoo.com](mailto:bjolden07@yahoo.com)

**PICKLEBALL** Monday & Wednesday 9a-12p, Thursday 4:30-7:30p, Sunday 4-7p.

**SWING DANCE** Wednesday, lessons 7-7:45p, Swing Social 8-10p, \$15

**THURSDAY’S ON THE PATIO** Returns!

**WATER AEROBICS** Monday 10a, Wednesday 2p.

**WEDNESDAY NIGHT DINNER** \$15 for a nice meal. Weekly menu at [elks6.com](http://elks6.com)

**YOGA** Monday 12p, Wednesday 3:30p. Elks members free; others, \$10. Sue Hill, [sue.hill1200@comcast.net](mailto:sue.hill1200@comcast.net)

Added events and updates will be advertised in the weekly Friday email blast. If you do not receive the email blasts, please call the Lodge Office at 916/422-6666.

# SEPTEMBER BIRTHDAYS

Andrew Archuleta  
 Antonio Curiel  
 Antonio Torres  
 Betty Sprink  
 Christine Youngdahl  
 Cletys Ragan  
 Connie Julian  
 Connie Risse  
 Cyndi Gill  
 Darin Michaels  
 Darlene Harris  
 David Freeman  
 David Osaki  
 Dayna Schilling  
 Delinda Horton  
 Dennis Brown  
 Edward Broyles  
 Gilbert Urbano, Jr.  
 Gina Skinner

Heidi Millar  
 James Bellotti  
 John Costello  
 Johnny Henman  
 Jose Tezanos-Pinto  
 Julia Thomas  
 Justin Lehr  
 Linda Orr  
 Lonnie Carlson  
 Michael Agnew  
 Orrin Anderson  
 Patricia Ruiz  
 Perry Luigi  
 Peter Cotter  
 Rachel Duffy  
 Ramar Crump  
 Randy Anderson  
 Raymond Merlo  
 Richard Mosher

Richard Trimble  
 Robert Tezanos-Pinto  
 Robert Van Gundy  
 Ronald Andre  
 Roy Shannon  
 Ruby Lim-Chin  
 Scott Holton  
 Steven Hieb  
 Steven Larson  
 Thomas Shobbrook, Jr.  
 Tim Parks  
 Wendy Virga  
 Yvonne York



# GOLF NEWS — 2024 SCHEDULE

Sept 11	Haggin Oaks (AC)
Sept 25	Micke Grove
Oct 9	Bradshaw Ranch
Oct 23	Mather
Nov 6	River Oaks
Nov 20	Diamond Oaks
Dec 13	Christmas Luncheon



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# LOUNGE HOURS

Monday, Saturday: 3-9 p.m.

Tuesday-Friday: 3-10 p.m.

Sunday: 1-8 p.m.

Happy Hour, daily: 4-7 p.m.

## Meeting Schedule

All Lodge and committee meetings will continue to meet in person until further notice.

Communications Committee...1st & 3rd Monday ~ 6 pm  
Board of Directors.....2nd Monday ~ 6 pm  
Audit Committee.....4th Monday ~ 5 pm  
Preventive Maintenance Crew ..... Tuesdays ~ 8 am  
Future Directions ..... 1st Tuesday ~ 4:30 pm  
Lodge Meeting/Initiation..... 1st Tuesday ~ 7 pm  
Officers Meeting..... 2nd Tuesday ~ 7 pm  
Lodge Meeting/Balloting ..... 3rd Tuesday ~ 7 pm  
House Committee ..... 4th Tuesday ~ 7 pm  
Athletic Center .....2nd Wednesday ~ 4:30 pm  
Landscape Crew..... Thursdays ~ 8 am  
Golf Club..... 2nd Friday ~ 12 pm

*Meetings are open to all members.*

*Schedule subject to change. Contact the Lodge office to confirm at 916/422-6666.*

Sacramento B.P.O. Elks No. 6  
6446 Riverside Boulevard  
Sacramento, CA 95831

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## CHAPLAIN'S PRAYER CORNER

### A SUMMER BLESSING

*May you walk with God this summer, in whatever you do and wherever you go*

*Walk with honesty and with courage, Walk with love, respect and concern for the feelings of others*

*Talk with God ... Pray words of praise for the beauty of creation, for friends and good times*

*Ask for God's help in all your decisions, expressing sorrow and forgiveness*

*Keep us all safe in our travels, and protect us from injury, accident, illness. Amen*

*~ Author Unknown*



## LEADING KNIGHT (continued from pg. 1)

the physical structure and development of our brains, leading to integrated or disintegrated mental states. As Siegel notes, "Relationships are not icing on the cake; they are the cake. In fact, they are the main course as well as the dessert." When combined with the power of purpose they become a huge force for positive growth. "He who has a why to live for, can bear with any how." V. Frankl

How do we grow our Elk Community?

- Build it
- Embrace vulnerability
- Take the small steps

Read about each of these on [elks6.com](http://elks6.com) under the Newsletter. I would like to hear from you. What things do you see in our Elk community that you would like to see change? How can we build a more inclusive accepting and vibrant Elk community? What does a safe Elk environment look like to you? Please send your responses, questions and ideas to me at the lodge office addressed ATTN: Leading Knight. I would love to receive your feedback so that we can be the change we want to see in our community.

*~ Robert Moore, Leading Knight*

A recent newspaper article reports that 50% of Americans do not have an estate plan and at their deaths their assets pass according to state law. Wouldn't you prefer to decide what happens to your assets? If so, consider creating an estate plan. When you do so, please also consider including a gift to support children served by the California-Hawaii Elks Association Major Project, Inc.

Other ways to give: support the work of the Major Project by making a gift in memory of a loved one. Contact our Lodge Bequests and Living Trusts (BLT) Legacy Giving Chairperson, Carrie Bray at [brayc@comcast.net](mailto:brayc@comcast.net) for more info.