

# APRIL 2020 NEWSLETTER

## COVINGTON ELKS LODGE #1806

135 CROWELL ROAD · COVINGTON, GA 30015

WWW.COVINGTONELKSLODGE1806.ORG · (770) 787-9499



### 2020 ELKS OFFICERS

#### EXALTED RULER

Chuck Myers (470) 538-3040

#### LEADING KNIGHT

Larry Denny (770) 900-9248

#### LOYAL KNIGHT

Lloyd Queen

#### LECTURING KNIGHT

Pat Telley (770) 639-0039

#### LODGE SECRETARY

Carol Barclay (770) 865-1633

#### LODGE TREASURER

Anita Denny (770) 787-1020

#### LODGE TRUSTEES

Jack Wheeler  
Cyrus Wolverton  
David Mayo  
Sid Reagan  
Billy Mashburn

#### LODGE TILER

Bruce Jackson

#### LODGE INNER GUARD

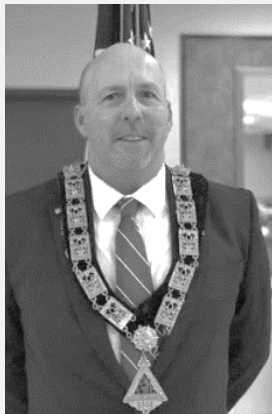
Joyce Mayo

#### LODGE ESQUIRE

Tim Myers

#### LODGE CHAPLAIN

Scot Fincher



### EXALTED RULER'S MESSAGE:

Well here it is, the end of March, and great Spring weather is upon us! It's time for hanging out with friends, grilling out with family, and working in the yard.

It's also time for our Lodge to be preparing for the upcoming year by installing our new officers, appointing new committee chairs, and planning out the budget for the new year. We should be looking forward to our Spring Convention at Jekyll Island, planning ahead for Baltimore's

Grand Convention, playing Bingo with our friend and community, and enjoying Friday night dinners and community projects. But unfortunately, one thing has us all on lockdown ... this thing called "Coronavirus" (COVID-19).

I hope that by the time you receive this newsletter, all of this mess will be behind us. Please know that I am in constant communication with our State President and State Sponsor, along with my District Deputy. I am keeping informed of the latest updates and impact of the virus and assure you that every decision I make is for the health and safety of our Lodge members. Any guidelines, regulations, and procedures that our state and local authorities are implementing in regards to this virus will be followed so that we can do our part in slow community spread.

I pray this letter finds you in good health and understanding. And as soon as we get the okay, Elksdom will again thrive. Please be safe and cautious through these next few weeks. If I can personally do anything for you, please don't hesitate to contact me.



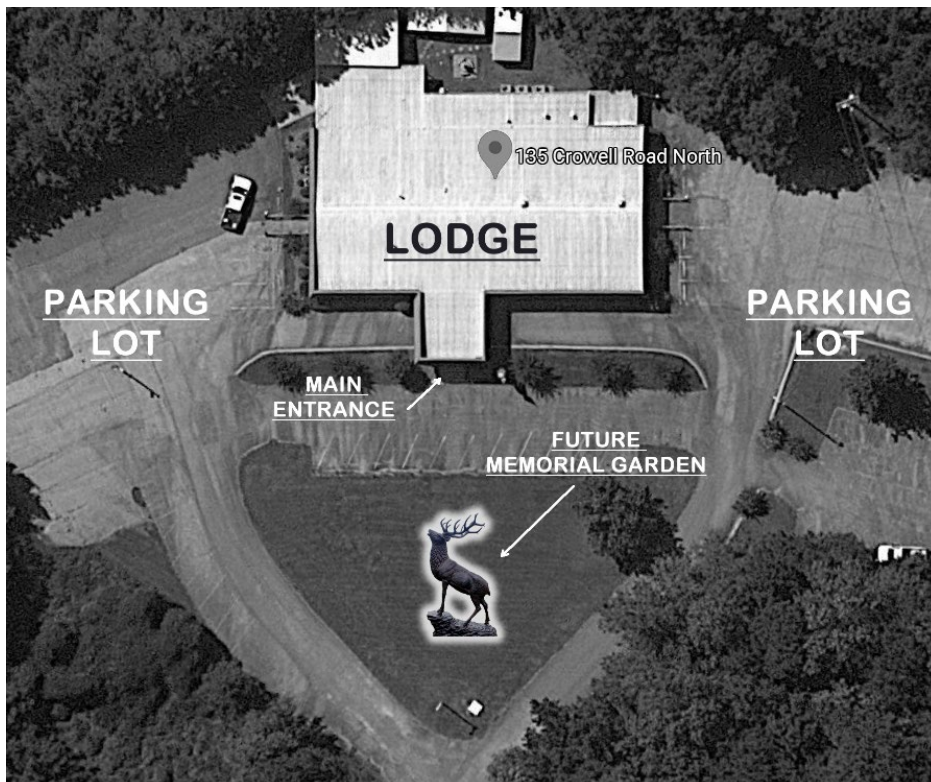
*Chuck Myers*

## **BABY SHOWER BENEFITS REFUGE CENTER**

The Rockdale Refuge Pregnancy Center was overwhelmed with all of the baby items, strollers, pack-n-plays, car seats, bathtubs, and books that Lodge donated for their Baby Shower last month! Thanks to the Spotlight Grant that our Lodge received, we were able to make all of this possible, and even donated a bookcase for all the new baby and parenting books! The Center's inventory was getting scarce, so all the staff and clients were very appreciative of all that we donated. A wonderful lunch was also provided during the Baby Shower, so thank you to our amazing members who volunteered their time for this event. We will need volunteers to make monthly visits to the Center to read to the children as part of the literacy program of the grant – if you would like to do this for us, please contact Cathy Myers at (770) 880-8672.

## **MEMORIAL GARDEN ELK STATUE**

We're very excited that our life size bronze Elk statue is finally here! We need volunteers to help us move him to the front lawn of our Lodge and build a platform base to put him on. The elk will be the focal point of our future Memorial Garden; members and the public will be able to purchase a memory brick for our wall/sidewalk. We hope you'll all enjoy seeing him as you enter the Lodge driveway soon! If you're able to help build the platform, please call ER, Chuck Myers at 470-538-3040.



## **UPCOMING EVENTS**

**ALL EVENTS AND MEETINGS FOR APRIL HAVE BEEN CANCELLED OR POSTPONED DUE TO THE CORONAVIRUS PANDEMIC. WE WILL REEVALUATE THE SAFETY PRECAUTIONS AND HEALTH MEASURES THAT THE COUNTY, STATE, AND FEDERAL GOVERNMENT ARE REQUIRING LATER THIS MONTH AND KEEP EVERYONE INFORMED.**

## **ANNOUNCEMENTS**

**Aidmore Golf Tournament** in May has been cancelled, but will be rescheduled for a date TBD in September.

### **HELP WANTED:**

The lodge is always in need of extra help and committed volunteers for weekly activities and special events once we are allowed to open our doors back up!

View all the photos from our Awards Night online at [www.covingtonelkslodge1806.org](http://www.covingtonelkslodge1806.org)

## ***DID YOU KNOW?!***

- The Georgia State Elks have volunteered 51,935 hours of their time AND non-Elk helpers have volunteered 16,144 hours. That's a total of 68,079 hours volunteered for the state of Georgia!
- Elks nationwide have given over \$250,000 to the Pearl Harbor Campaign so far!
- Over \$450,000,000 has been given to charities across the country in 2019 by the Elks!



The mission of the Elks National Foundation (ENF) is to help Elks build stronger communities. It provides tomorrow's leaders, our youth, with lifelong skills; meets the needs of today's veterans; helps state Elks associations accomplish their charitable objectives; and funds projects that improve the quality of life in local Elks communities. The ENF Board of Trustees just approved program services for the 2019-20 fiscal year totaling \$34.6 million.

**Community Investments Program**  
\$13.7 million

**State Elks Association Grants**  
\$9.9 million

**Scholarship Programs**  
\$4.1 million

**Elks National Veterans Service Program**  
\$3.3 million

**Elks Hoop Shoot Free Throw Contest**  
\$1.1 million

**Elks Drug Awareness Program**  
\$1 million

**Elks Memorial Building Maintenance**  
\$817,480

## ***NEW COMMUNITY PROJECTS FOR 2020...***

### ***NO VETERAN DIES ALONE***

The "No Veteran Dies Alone" (NVDA) program is a program designed to honor Veterans and to meet the needs of those Veterans who, for whatever reason, find themselves alone.

Years ago, most people died suddenly at home from injuries or sudden illness. They were surrounded by family and friends. The dying looked to their families and church communities for support. In the United States, the first modern hospices were community-based programs led by volunteers. In the 20<sup>th</sup> century, death evolved into more of a medical event rather than a family event at home to the point that now most people die in hospitals or healthcare facilities. Today, because of modern medicine, the course of dying has been extended. Most Americans, including Veterans, die from chronic illnesses in the hospital instead of at home. Some have outlived their loved ones, or, due to other circumstances, find themselves alone at the end of life. For many, this can be a lonely experience.

There are currently over 23 million Veterans living in the U.S., with more than 600,000 dying each year. To put this in perspective, there are more Veterans anticipated to die each year for the next decade than died in all of World War II. With the aging of the World War II-, Korean-, and Vietnam-era Veterans, an increasing number will require end-of-life care, often in a VA medical facility. Although there are no solid figures to indicate how many of these Veterans die alone, the NVDA program is dedicated to making volunteers available to provide a comforting presence in the final weeks, days and hours of life as Veterans and their families' desire. Volunteer companions should be willing:



- Actively listen to the Veteran's needs and hold their hand
- Play music, games, read, and assist in letter-writing with the Veterans
- Assist in comfort care measures and non-medical care as requested
- Support family members, companions, and/or visitors

Carol Barclay will be chairing this heartfelt new program at our Lodge and is recruiting volunteers! If you are interested in participating, please contact Carol at 770-865-1633 or [sunshinecarolga@yahoo.com](mailto:sunshinecarolga@yahoo.com)

### ***PROJECT RENEWAL***

Project ReNeWal is a Domestic Violence Intervention Program changing lives in Rockdale, Newton, and Walton Counties, and was the first tri-county shelter for victims of domestic violence. We would like to find a passionate Elk Member to chair a project for this organization through our Lodge, whether it be coordinating volunteers for one of Project ReNeWal's programs or simply collecting donations for the shelter. Please visit [projectrenewalgeorgia.com](http://projectrenewalgeorgia.com) to learn more about the organization and see what they're doing to help our community. Interested in chairing this for us? Contact Cathy Myers at 770-880-8672





## FRIDAY NIGHT MENU

April 7<sup>th</sup> – TBA

April 14<sup>th</sup> – TBA

April 21<sup>st</sup> – TBA

April 28<sup>th</sup> – TBA

## SICKNESS & DISTRESS

Please continue to pray for our fellow Elks. A friendly call, visit, or card would help them know we are thinking of them.

*Pat Telley*

*John Krueger*

*Scot Fincher*

*Tony Bowden*

*Tommy Lee Thompson*

*Bruce & Sande Jackson's  
granddaughter, Jessa*



### Please Support your Lodge

Whether it's cooking, cleaning,  
selling tickets,  
coming to a dinner or a event,  
or sending a donation.....  
We Thank you for supporting the Good  
we do for  
our Youth, our Veterans and our community.

*Thank You*

# COVINGTON ELKS, YOUTH, & COMMUNITY MEMBERS RECOGNIZED AT AWARDS NIGHT



Last month, we recognized our members and individuals who had made significant contributions to our Lodge and community, as well as our youth scholarship and essay contest winners! (Visit our website [www.covingtonelkslodge1806.com](http://www.covingtonelkslodge1806.com) to view all the photos from that Awards Night). We're so proud of our **Exalted Ruler, Chuck Myers**, who received the **Grand Lodge's "Making a Difference" Special Citation** (presented by Leading

Knight, Larry Denny) for participating in at least 6 of the 9 listed programs and contests during the year. The **Distinguished Citizenship Award** was given to **Robert Foxworth** for his contributions to improving our local community, voluntary service to the Lodge, and for being an all-around good citizen. **Renee Vincent** received the **Outstanding Service Commendation** for her amazing voluntary service to the Lodge. **Officer of the Year** was awarded to **David Mayo**, for going above and beyond his duties to provide leadership and voluntary services to the Lodge. House Committee Chair, **Cathy Myers**, was awarded **Elk of the Year**, for demonstrating devotion, dedication and loyalty to the Lodge. V



**Distinguished Citizenship Award**  
*Robert Foxworth*



**Outstanding Service Commendation**  
*Renee Vincent*



**Officer of the Year**  
*David Mayo*



**Elk of the Year**  
*Cathy Myers*

## **CORONAVIRUS GUIDELINES FOR THE B.P.O.E.**

Grand Lodge Advisory Committee recently held a conference call to discuss the coronavirus issue and how Lodges should proceed during this unprecedented health crisis. They offer the following guidelines that may be applied to all of our Lodges in every State. Items listed below are a guide for each State Sponsor so he can establish further guidelines for the State Associations and Local Lodges he oversees.

Since every State, and even localities within a State, are issuing different guidelines on activities and closures, the Advisory Committee determined that restrictions/limitations regarding the virus should be left to each State Sponsor and that the Lodges should follow their State government directives, along with local and state health official guidelines, as overseen, encouraged and/or directed by the State Sponsors. An example of the differences is that some states have closed bars and restaurants, others have not ordered closures, but most all are limiting gatherings to groups of no more than 50, 25, 20, 10 or even 4 persons, depending on the Federal, State and Local mandate.

It was determined that if bars and restaurants are closed in your State, then your bar and kitchen must also be closed. Some Lodges, located in States which has not ordered the closures, are closing their bar and kitchen anyway, opting for on the side of caution, and that is acceptable. If the bar and kitchen are closed, most States do not prohibit access to the Lodge facility in order to conduct needed services/repair and/or to conduct Lodge business as long as the gathering exceeds the mandated total. In some cases, where there are closures of the bar and kitchen, a Lodge may still allow Members to access the Lodge, subject to the limitation of the size of gatherings, thereby allowing Members gather in small groups for cards, gaming machines, pull tabs, and other minor activities. If allowed, these Lodges must take extra care to have hand sanitizers available at all entrances and often clean and disinfect high traffic areas. Members who appear ill should be asked to leave the Lodge immediately and to always follow best practices and CDC guidelines. If entry is allowed, it should be restricted to Members Only and no Guests may be invited to the Lodge.



***Byron Bohannon***

***Jimmy Bonner***

***Sip Coffey***

***Mike Costley***

***Barbara Cryder***

***Guy McGiboney***

***Chuck Myers***

***Becky Rutledge***

***Robert House***

***Ray Strange***

***April Switay***

***Craig Treadwell***

Unfortunately, we are not able to host our monthly Birthday Dinner at this time, due to the Coronavirus lockdown. We'll make it up to you when we are allowed to open the Lodge back up!



# **PROTECTING YOURSELF FROM CORONAVIRUS: TIPS FROM THE CENTER FOR DISEASE CONTROL**

Take everyday preventive actions:

- **Wash your hands often** with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **Avoid touching high-touch surfaces in public places** – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- **Avoid touching your face**, nose, eyes, etc.
- **Clean and disinfect** your home to remove germs: practice routine cleaning of frequently touched surfaces (ie: doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- **Avoid crowds** – your risk of exposure to respiratory viruses like COVID-19 may increase in crowded settings with little air circulation if people in the crowd are sick.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on cruise ships.

## **CORONAVIRUS AND OLDER ADULTS**

Older adults, 65 years and older, are at higher risk for severe illness. COVID-19 is a new disease and we are learning more about it every day.

### **What You Can Do**

- **Stay home.**
- **Wash your hands** often.
- **Avoid close contact** (6 feet) with people who are sick.
- **Clean and disinfect** frequently touched services.
- **Avoid all cruise travel** and non-essential air travel.
- **Call your doctor if you have concerns** about COVID-19 and your underlying condition or if you are sick.

### **Stress and Coping**

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions. Things you can do to support yourself:

- **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your doctor if stress gets in the way** of your daily activities for several days in a row.

## **WHAT ARE THE SYMPTOMS?**

### **IS IT CORONAVIRUS OR SOMETHING ELSE?**

#### **CORONAVIRUS**

- Fever
- Cough
- Shortness of breath
- Symptoms may appear 2-14 days after exposure

#### **SEASONAL FLU**

- Fever
- Cough
- Sore throat
- Headaches
- Fatigue
- Muscle or body aches
- Runny or stuffy nose

#### **ALLERGIES**

- Sneezing
- Itchy, runny, or stuffy nose
- Itchy, red, watering eyes
- Wheezing, chest tightness
- Cough

## **JUST BECAUSE WE ALL NEED A LAUGH...**

**Ran out of toilet paper  
and now using lettuce  
leaves.**

**Today was just the tip  
of the iceberg,  
tomorrow remains to  
be seen.**