



# MOOSE NEWS

IOWA CITY LODGE 1096 & CHAPTER 509



**AUGUST 2015**

**Issue 3**

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## **8th ANNUAL SHRIMP BOIL — SATURDAY, AUGUST 15TH**

The 8th Annual Shrimp Boil will be on Saturday, August 15th starting at 5:30 PM . It is a really fun event for the whole family! Be sure to come down to the Lodge and have some GREAT food!

## **MOOSE FAMILY PICNIC—SATURDAY, AUGUST 29TH**

The Iowa City Moose will be having a Moose Family Picnic on Saturday, August 29 starting at 3 PM at the Moose Lodge. There will be games for everyone (kids and adults). A few of the events are as follows: bounce house, water balloons, egg toss, bags tournament, and kids' activities. We will also have food, watermelon, and ice cream. Check the Lodge for more details. Join us for a fun filled afternoon and evening.

### **Deadline and information for articles and/or events to include in future issues of Newsletter/Calendar**

- ⇒ 20th day of every month
- ⇒ Newsletter will be complete prior to 1st day of the month
- ⇒ Copies of newsletter will be in Lodge Social Quarters
- ⇒ Copies of calendar will be in Lodge Social Quarters
- ⇒ Send articles to Jane Enderle at [janet.enderle@yahoo.com](mailto:janet.enderle@yahoo.com) or leave at Social Quarters

# Lodge Order of Moose

From The Governor

Its August!!! Remember when you were younger August came around and it was a new start. You were starting a new grade meeting new people and learning from a new teacher.

It's the same all over our children are starting a new year thanks to all of you making it possible for them to go to school everyday. They wake up in a bed that you provided for them. Eating breakfast to get their day started prepared by you.

Lets not forget this. We need more people like you to grow our fraternity. Our children depend on us everyday. Whether you see them or not they are there hoping that tomorrow will be even better than today. You make it possible. Please consider inviting your friends and family to enjoy what you support.

There is so much to enjoy at our lodge. Our ANNUAL SHRIMP BOIL is coming Aug. 15th. Don't miss out on this great fun event. Plus our annual labor day golf outing event is coming up Sept 6th. It's fun had by all.

If you have never been to Mooseheart please consider going to homecoming its just 3 short hours away. You won't regret spending time with your kids.

I can't say enough about all the people that keep our place going. Big thank you to Tommy and Richard for keeping our grounds looking awesome. Please give them a big thank you next time you see them.

It takes a team of people to keep our moose home going I wish I could list everyone by name but you know who you are I thank you from the bottom of my heart.

Thank you for being a Moose!!! God bless Mooseheart!

Brian Sekafetz



# WOMEN OF THE MOOSE

## Greetings Women of the Moose

I hope many of you enjoyed our Gilligan's Island Friday night dinner. It was a great success. Many thanks to Raynel Greiner and her committee for an awesome job!

Please join us in August for a fun-filled month. Check the calendar, you won't want to miss anything!

Please join us at our meetings on the 1st and 3rd Tuesdays of each month if you can. We welcome your ideas and participation.

See you soon!

Linda Riggs  
Senior Regent



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**“A child is the hand of God, recording on the universal pages of time, the history of the human race. No man ever stands so tall, or so straight, as when he stoops to lift up a child.”** James J Davis

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# HAVING FUN WITH MEMBERSHIP!

By Tommy Schultz  
Membership Chairman

Now is the time for all of us to come together and work on increasing our membership. We have offered incentives to both sponsors and new members but if we don't put out the effort it will be all in vain. Our goal each year is to be a Premier Lodge. We **must** increase our members to accomplish this. Volunteers will be phoning expired and expiring members each breakfast Sunday from 11am to 11:30 am. We sure would appreciate your support for this campaign. Please, let's all work together to:

## BUILD OUR FOUNDATION

Sign up a member and get your name on our retention wall  
in the Social Quarters!!







# The Benefits of Volunteering

## **Gets you in shape**

Volunteers tend to move more. It's a great way to sneak in additional activity. Whether volunteers consider volunteering a "workout" or not, they still reap the rewards: A John Hopkins University study found that adults age 59 and older doubled the amount of calories they burned after volunteering in elementary school classrooms at least 15 hours a week for a year. This increase in activity also brought improved muscle strength and reduced their risk of weight gain and obesity-related health conditions.

## **You'll feel younger and live longer**

When you're busy volunteering, it takes your focus off of yourself - and your aches and pains. Researchers found that 40% of baby boomers and seniors who volunteered as school tutors or mentors decreased their use of canes by 50% after just 8 months. Several studies, including a 2005 report from Stanford University found that people who volunteer live longer than those who don't. Future research will focus on the potential benefits volunteering may provide to reducing the risk of chronic conditions aggravated by stress, such as headaches and stomach problems.

## **Makes you Happy!**

Volunteering not only significantly lowers the risk of depression; it greatly improves overall satisfaction. Volunteering gives one a renewed sense of purpose, and a feeling of accomplishment

## **Builds your Brainpower**

Volunteering is intellectually stimulating. It gives you the chance to use your brain and try new things. This can slow down, and in some cases, prevent memory loss and other cognitive problems. Another John Hopkins University study found that those who volunteered were more likely to pursue brain-building activities at home, such as crossword puzzles. The extra brain work has great benefits: **Older adults who engaged in these behaviors had a 47% lower chance of developing Alzheimer's disease.**

LOOM/WOTM/Moose Legion/Moose Riders offer many, many opportunities to volunteer and lend a hand. Just let your officers know that you are available and want to help!!!

"A pessimist, they say, sees a glass of water as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass and starts looking for someone who might be thirsty." -- G. Thomas Gale

# UPCOMING EVENTS



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## TRIVIA CONTEST—SUNDAY, AUGUST 30TH

There will be a trivia contest on Sunday, August 30. Get your team together. Sign up sheets will be in Social Quarters. Check Lodge for more details.



# UPCOMING EVENTS



## **ANNUAL LABOR DAY MOOSE GOLF TOURNAMENT— SUNDAY, SEPTEMBER 6TH**

Sign up sheet in the Lodge Social Quarters. More details to come!!



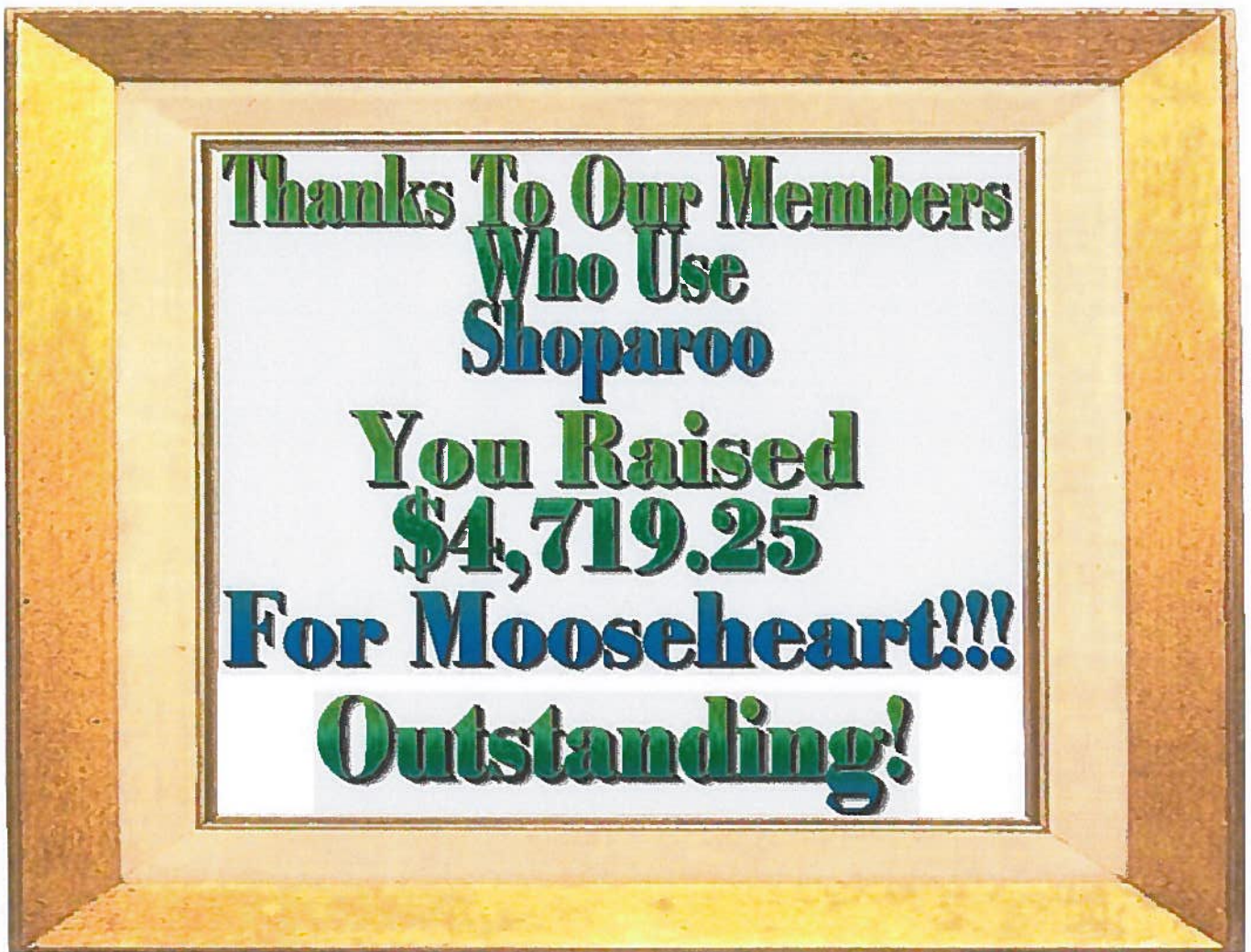
## **MOOSE HORSESHOE LEAGUE — 2ND SESSION**

The second session of the Moose horseshoe league will be starting after Labor Day. Check the Lodge for more details.



## **MOOSE DART LEAGUE — STARTING IN OCTOBER**

There will be a dart league starting in October. Check the Lodge for more details.



**Shoparoo gives money to schools for pictures of receipts.**

**Mooseheart School received \$4,719.25 plus they won one of the monthly drawings for \$1,000.**

**The new year has begun!!!! Join us this year and upload the Shoparoo app to your Smartphone. The app is free. Pick Mooseheart School as your school of choice and start snapping.**

**Snap pictures of your receipts from any restaurant or other retailer (that doesn't sell grocery items) to earn entries for your school into Shoparoo's \$1,000 monthly sweepstakes and \$15,000 yearly sweepstakes! Each receipt counts as an entry into both monthly and yearly sweepstakes, so spread the word at your school - the more receipts you submit, the greater your school's chance is of winning. Submit up to 50 non-grocery receipts within a rolling 7 day period. Check out [Shoparoo.com](http://Shoparoo.com) for more details!**





## **HAWKEYE FOOTBALL 2015 SCHEDULE**

<b>DATE</b>	<b>OPPONENT</b>	<b>LOCATION</b>	<b>TIME</b>
<b>9/5/2015</b>	<b>ILLINOIS STATE</b>	<b>IOWA CITY, IA</b>	<b>11:00 AM</b>
<b>9/12/2015</b>	<b>IOWA STATE</b>	<b>AMES, IA</b>	<b>3:30 PM</b>
<b>9/19/2015</b>	<b>PITTSBURGH</b>	<b>IOWA CITY, IA</b>	<b>7:00 PM</b>
<b>9/26/2015</b>	<b>NORTH TEXAS</b>	<b>IOWA CITY, IA</b>	<b>TBA</b>
<b>10/3/2015</b>	<b>WISCONSIN</b>	<b>MADISON, WI</b>	<b>TBA</b>
<b>10/10/2015</b>	<b>ILLINOIS</b>	<b>IOWA CITY, IA</b>	<b>11:00 AM</b>
<b>10/17/2015</b>	<b>NORTHWESTERN</b>	<b>EVANSTON, IL</b>	<b>11:00 AM</b>
<b>10/31/2015</b>	<b>MARYLAND</b>	<b>IOWA CITY, IA</b>	<b>TBA</b>
<b>11/7/2015</b>	<b>INDIANA</b>	<b>BLOOMINGTON, IN</b>	<b>TBA</b>
<b>11/14/2015</b>	<b>MINNESOTA</b>	<b>IOWA CITY, IA</b>	<b>7:00 PM</b>
<b>11/21/2015</b>	<b>PURDUE</b>	<b>IOWA CITY, IA</b>	<b>TBA</b>
<b>11/27/2015</b>	<b>NEBRASKA</b>	<b>LINCOLN, NE</b>	<b>TBA</b>

## **Hawkeye Tailgating**

Let's root the Hawks on to victory together this season at the Moose. The Lodge is open one hour before kickoff with drinks, raffles and grab bags. Be sure to get your Big A\*\* Turkey Legs, brats, hot dogs and hamburgers. We are planning on mixing things up a little with a different menu during some of the games. Examples: potato bar, taco bar, etc. More details of menus to come.

We've got plenty of seating and TV's, so you don't miss any of the action. See you on the gridiron.



The Iowa House at Mooseheart is in need of school supplies for the upcoming school year for 10 children. If you would like to help, please purchase a \$2.00 pencil or a \$5.00 book and write your name on it, or your spouse, child, or anyone you wish. The books and pencils will be displayed in the Social Quarters.



Pillows

Pencils/pens/colored pencils

Folders

Notebooks

Hi-liters

Index cards

Scientific calculators

Back-packs/book bags



All monies collected by 8/14/15 will be used to purchase as many of the supplies listed below as possible and then shipped to the Iowa House in time for classes to begin.

# MOOSEHEART HOMECOMING IOWA HOUSE—OPEN HOUSE SATURDAY, SEPTEMBER 26TH

WE ARE COLLECTING FOOD TO DONATE TO THE IOWA HOUSE  
AT MOOSEHEART. PLEASE CHECK OUT THE LIST BELOW AND DROP YOUR  
DONATIONS OFF IN THE SOCIAL QUARTERS.  
IF YOU WOULD RATHER NOT SHOP, DONATE MONEY, AND WE WILL DO  
THAT FOR YOU.

## FOOD WISH LIST

VEGGIES  
GREEN BEANS  
CORN  
PEAS  
BAKED BEANS  
MASHED POTATOES  
VELVETTA MAC & CHEESE  
POP TARTS  
CHIPS—VARIETY  
POPCORN  
CEREAL BARS  
GATORADE—VARIETY  
CEREAL—VARIETY  
MUFFINS—VARIETY





## LOOM OFFICERS:

Past Governor – Greg Childs  
Governor – Brian Sekafetz  
Jr. Governor – Tommy Schultz  
Prelate – Rick Greiner  
Administrator – Keith Garling  
Treasurer – Merle Beverlin  
3rd year Trustee – Dan Funk  
2nd year Trustee – Art Dresden  
1st year Trustee – David “Scooby” Alberhaskey  
Sergeant at Arms – Chris Witmer

### Lodge Hours:

- Monday – Thursday 2:30 PM – 11:00 PM
- Friday – Saturday 2:30 PM – 1:30 PM
- Sunday 11:00 AM – 7:00 PM

### Lodge contact info:

- Lodge Administrator: Keith Garling
- Phone number: 319-356-6921
- Email address: [lodge1096@mooseunits.org](mailto:lodge1096@mooseunits.org)
- Website: <http://www.iowacitymoose.com>
- Moose International Website: <http://mooseintl.org>
- Moose News Committee: Janet Enderle, BJ Monroe, and Rick Greiner

Iowa City Moose Lodge 1096  
3151 Highway 6 E  
Iowa City, IA 52240

## WOTM OFFICERS:

Senior Regent – Linda Riggs  
Junior Regent – Janice Irvin  
Secretary/Treasurer – Monica Plum  
Recorder – Sharon Simon  
Junior Graduate Regent – Janet Enderle

## MOOSE LEGION:

Committee Chair – Rick Greiner

## MOOSE RIDERS OFFICERS:

President – Gayle Miller-Sheely  
Vice President – Gloria Herdlicka  
Secretary – Scott Stillman  
Treasurer – Ken Herdlicka  
Road Captain – Robin Sheely




**DO YOU WANT TO RECEIVE TEXT MESSAGES OF UPCOMING EVENTS/MEALS  
ON YOUR MOBILE DEVICE.**

Visit our website at <http://www.iowacitymoose.com>. On the home page, there is a link to input your mobile number. You can also stop by the Iowa City Lodge Social Quarters and add your name and number to the sign up sheet at the bar. You will be given the opportunity to opt out at any time.



# August 2015



**337-3031**

**5-DAY SERVICE**

**KELLY'S TIRES**

**DIAMOND**

**Republic**

**Brian Sekafetz**  
Owner

Dodge St. Tire & Auto  
605 N. Dodge St.  
Iowa City, IA 52245

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CHEF'S CHOICE SPECIALS
2	3 6pm Moose Riders Meeting Kitchen Closed	4 6 pm WOTM officer mtg. 7 pm WOTM Chapter mtg. WINGS NIGHT	5 BURGER AND FRIES NIGHT	6 Country Line Dancers 7PM IAEN Annual Conference	7 Dinner By Bailey IAEN Annual Conference	8 IAEN Annual Conference
9 AYCE Breakfast 8:30 - 11:30 IAEN Annual Conference	10 Kitchen Closed	11 6:30 pm LOOM Officers 7:30 pm LOOM Members WINGS NIGHT	12 BURGER AND FRIES NIGHT	13 Country Line Dancers 7PM WRAPS AND FRIES NIGHT	14 Family Dinner by: Moose Riders: 5:30 to 8	15 Shrimp boil 5:30
16	17 Kitchen Closed	18 6 pm WOTM Chapter mtg. 7:00 Joint Meeting 7:30 pm ML mtg. WINGS NIGHT	19 BURGER AND FRIES NIGHT	20 Country Line Dancers 7PM WRAPS AND FRIES NIGHT	21 Family Dinner by: WOTM: 5:30 to 8	22 CHEF'S CHOICE SPECIALS
23	24 Kitchen Closed	25 6:30 pm LOOM Officers 7:30 pm LOOM Members WINGS NIGHT	26 BURGER AND FRIES NIGHT	27 Country Line Dancers 7PM WRAPS AND FRIES NIGHT	28 Family Dinner by: ML: 5:30 to 8	29 Family picnic 3 PM CHEF'S CHOICE SPECIALS
30 TRIVIA CONTEST	31					



# September 2015

**DODGE**  
EST. 1936  
**337-3031**

**Brian Sekafetz**  
Owner

Dodge St. Tire & Auto  
605 N. Dodge St.  
Iowa City, IA 52245

LEAD ADVISOR  
KELLY'S TIRES  
DUNLOP  
Republic

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6 pm WOTM officer mtg. 7 pm WOTM Chapter mtg.  WINGS NIGHT	2   BURGER AND FRIES NIGHT	3 Country Line Dancers 7PM  WRAPS AND FRIES NIGHT	4 Family Dinner By Loom:   Family Dinner by: Moose Riders BEER CAN CHICKEN! 5:30 to 8	5 Hawkeyes vs Illinois State 11:00 AM  CHEF'S CHOICE SPECIALS
6 Moose Legion Golf Tournament!	7 Happy Labor Day <u>LODGE CLOSED</u>	8 6:30 pm LOOM Officers 7:30 pm LOOM Members  WINGS NIGHT	9   BURGER AND FRIES NIGHT	10 Country Line Dancers 7PM  WRAPS AND FRIES NIGHT	11   Family Dinner by: Moose Riders BEER CAN CHICKEN! 5:30 to 8	12 Hawkeyes vs Iowa State 3:30 PM  CHEF'S CHOICE SPECIALS
13 AYCE Breakfast 8:30 - 11:30	14  Kitchen Closed	15 6 pm WOTM Chapter mtg. 7:00 pm Joint Meeting 7:30 pm ML Mtg.  WINGS NIGHT	16   BURGER AND FRIES NIGHT	17 Country Line Dancers 7PM  WRAPS AND FRIES NIGHT	18 Family Dinner by: WOTM: 5:30 to 8	19 Hawkeyes vs Pittsburgh 7:00 PM  CHEF'S CHOICE SPECIALS
20	21  Kitchen Closed	22 6:30 pm LOOM Officers 7:30 pm LOOM Members  WINGS NIGHT	23   BURGER AND FRIES NIGHT	24 Country Line Dancers 7PM  WRAPS AND FRIES NIGHT	25 Family Dinner by: ML: 5:30 to 8	26 Hawkeyes vs N Texas TBA MH Red Ramblers Home-coming & IAEN Open House  CHEF'S CHOICE SPECIALS
27	28  Kitchen Closed	29   WINGS NIGHT	30   BURGER AND FRIES NIGHT			