

WSEA President Message

Happy New Year and Welcome to the 2025 WSEA Winter Convention



The executive board and the convention committee have worked hard to make this a great convention. Thursday we will start with the state meetings and committee chairs. Don't forget the welcome reception on Thursday evening. Friday, we have several training sessions, find something you are interested in and attend as many sessions as you can.

The Therapy Session is sure to be a special one as it will feature Charlie. Charlie has been in the therapy program since very early in life and is aging out of the program. You will hear how the program has helped him to be able to live a productive life. You won't want to miss this.

We have a special treat for the entertainment after the Friday night dinner. Kelso-Longview Lodge will present the Kopa Kabana players. This dedicated group has been performing at Kelso-Longview Lodge for over 30 years and packs the lodge for nearly every production. If you did not purchase a dinner ticket, there are still entertainment only tickets available at registration.

We are honored to have as guests at this convention three Past Grand Exalted Rulers. Keith Mills, PGER from Idaho and Mike Luhr, PGER from Alaska will be with us as well as Randy Shook, PGER from Tennessee who was Grand Exalted Ruler in 2023-24. I expect they will each have some great words of wisdom to share with us.

Saturday will start out with district caucuses and the state business session. At this session we will be voting on the officers for the state association. You will also hear reports from many of our committees and a presentation on the Washington Elks Charitable Trust which funds most of our charitable works. The Past Grands will be addressing us in the afternoon.

Enjoy your time at convention at take what you learn back to your lodges.

Fraternally,

A handwritten signature in blue ink, appearing to read "Michael Dahl".

Michael Dahl, WSEA President



WSEA President Elect Message



Happy New Year and Welcome to the 2025 Washington State Association Mid-Winter Convention. I am happy that you have all made the choice to attend.

I encourage each of you to take advantage of all the seminars that will be held this weekend. The committee chairman have

worked hard to put together these seminars and there will be a lot of good information presented to help you make your lodges more successful. If your lodge has multiple people here, I encourage you to divide and conquer, send people to each of the presentations and then share information once you are back at the lodge.

In addition to taking advantage of seminars please take advantage of the time we are all together to meet members from other lodges. This is a great time to make new friends from around the State. Our members are a great source of ideas. Find out what is working in their lodges. It may work in yours.

I hope you enjoy your time here at Mid-Winter Convention and I thank you for your commitment to your Lodge and to the Elks.

Fraternally,

Scott Rainey
WSEA President Elect

WSEA Vice President East Message

Welcome to Winter Convention!



I hope you all had very happy holidays. I am excited to see everyone in the new year.

We have had a great year thus far. With the new year let's take this opportunity to bring new energy and excitement back to our lodges and finish the lodge year strong. Winter Convention always brings many training opportunities. Please plan how your lodge can attend the sessions to take back the most information.

We are very lucky to have a new lodge here this year. I hope everyone will give Moses Lake Lodge #2892 a very warm welcome. They are a great group of officers who are very excited to learn all they can and get to work in their community.

If you've been watching your email, website, or the Facebook page you have seen the new digital campaign for the Washington Elks Charitable Trust. Thank you, all, for your support of that effort. The Executive Board is excited to share more information on how this support can further help our programs, our lodges, and communities.

The Executive Board has worked hard and continues to be committed to working together to continue growing and improving our association. We are always here to help and look forward to any feedback you may have.

I hope you see the theme here. New year, renewed energy.

When we are done here, let's go back to our lodges, fill our calendars, initiate all those who are waiting to join, then be sure recognize all those who have helped make this lodge year successful.

Enjoy this time together! Mingle, make new connections, learn, and have fun!

Lana Davick
WSEA Vice President - East



Benjamin Braden 1st Vice President

816 33rd Street
Anacortes Washington, 98221

Contrasting the vibrant excitement of our Summer Convention in Pasco with its awards, installations, and outdoor events - our Winter Convention here at SeaTac focuses on the critical business of our state association. It's a time for learning, reflection, and gaining valuable insights to help us grow and strengthen our efforts.

One of the most significant aspects of the Winter Convention is the nomination and election of the individuals who will lead our organization into the future. This is a responsibility none of us should take lightly, particularly for the lodge officers in attendance. Your vote represents your lodge and its membership. Each of you understands your lodge's unique needs, and this is your opportunity to choose leaders who will effectively align state resources to support your lodge's success in your community.



At this convention, I will be nominated, and a vote will be held for me to become the President-Elect of the Washington State Elks Association. This milestone marks the final election step on the path toward becoming the WSEA President. I encourage each of you to take a moment to reflect on the importance of this decision—not only for my position but for all the Vice President positions being voted on as well. These roles will shape how state resources are used to strengthen our organization, support your lodge, and ultimately benefit your community.

My journey with the state association began as the Online Presence Coordinator. Over the years, I've had the privilege of contributing to initiatives that I believe have positively impacted your lodges. From enhancing our state's online presence to developing a free mobile app and digital membership card, we've made great strides. Through programs like Discover Elks, we've increased awareness with streaming advertising, race cars, radio promotions, online and static ads. This year, we've turned our focus to promoting our Charitable Trust, the incredible committees it supports, and how we can extend its impact through your lodge into your community. These efforts not only help your lodge shine but also attract new members, ensuring our continued growth and success.

Just as you evaluate your lodge officer candidates, considering how they will contribute to your lodge's success, hold our state officer candidates to that same light. I humbly ask for your vote during Saturday morning's business session, knowing that together we can build a stronger future for the Washington State Elks Association and for every lodge within it.

Thank you,

Benjamin Braden

1st Vice President WSEA
Past District Deputy Grand Exalted Ruler
Past Exalted Ruler Ballard Lodge #827



WSEA Vice President Central Message



Happy New Year and Welcome to the 2025 Washington State Association Mid-Winter Convention. I am happy that you have all made the choice to attend.

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Scott Knight
3rd Vice President
Washington State Elks Association

Important Dates/Lodge Events & Activities:

(more info on WSEA calendar)



January 11

Hoquiam Elks Lodge

Coin Box Dinner

January 15-19

Mid-Winter Convention

Double Tree/Seattle Airport

January 17

Mid-Winter Convention

Flag Charge Contest

11 O'Clock Toast Contest

January 28

Lynnwood Elks Lodge

Coin Box Dinner

February 15

WSEA Hoop Shoot Finals

St. Martin University,

Lacey WA

March 2

Vancouver Elks

WSEA Therapy Program

Bowling Fundraiser

Membership and Marketing Message

Nancy Oakes, PER
Membership and Marketing Chairperson



Welcome to the January 2025 Winter Conference. This year, we have been given a special two-hour time frame for our training session. This is a fantastic opportunity for all incoming ER's, Secretaries, Lodge Membership Chairs, Leading Knights to get some real quality time together with the M & M Team.

We have 3 special areas we will be working on: Membership Drives/events, Orientation, and Delinquencies/Retention. These are the most important areas that every lodge needs to work on and that we, as a Team, have worked on to help you improve your membership numbers, etc.

Another special area that will be new is the introduction of the District Team Managers and the scope of services for their lodges. These are all very special people who are willing to take the time to give you and your lodge stronger personal attention for all your membership & marketing needs, so please make sure you are in attendance, or at least one or two of the above-mentioned officers are present at the Friday morning, 8:30am session.

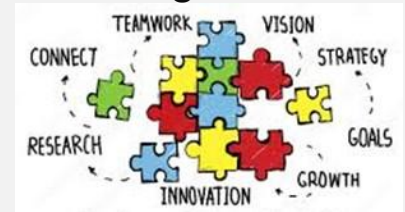
You will receive handouts which we will work off during the training, and if any of you feel that you need a separate meeting with me or the Membership and Marketing team, please reach out to me as soon as possible so that we can set up a meeting at Mid-Winter Convention.

You don't want to miss this opportunity to learn how to custom design your plans for the Membership & Marketing for your 2025-2026 year.

I look forward to seeing all of you.



WSEA Membership and Marketing Committee



Our purpose as the Membership and Marketing Committee is to use effective internal and external communications to relate to the membership and public our purpose, aims, and goals and publicize the good deeds of our order. We are working hard to meet the needs of the lodges. Should you wish to submit info, ideas, questions, please contact Committee Chair, Nancy Oakes

Committee Chair:
Nancy M Oakes, PER
Nancy@garnettlaw.com,
ph. 307-250-3378

Team Members:
Jen Steele
Aaron Reid
Richard Shull
Traci Kezar
Scott Fyiling
J D Smith
Missy Wheat
Dave Blevins
Lolly Titherington

Elks National Foundation -- Per Capita Goals



Along with having your Elks National Foundation (ENF) or Grants Chairman apply for the Beacon, Gratitude, and Spotlight Grants by January 22, 2025, as well as working on meeting the ENF Chairman's Challenge, we mustn't forget to encourage your Membership to donate to ENF through the Fidelity Cub, straight donations, or bequeaths. These donations boost your

member giving, and help our Lodges surpass the Grand Exalted Ruler (GER) and State President's Goals of \$5 and \$20 per member on average. If you're getting close, get inventive with a fundraising event, basket, or 50/50 raffle. These fundraising attempts along with utilizing the many grants that ENF provides those who apply for them, will boost your numbers up quickly. All of this activity becomes enlightening to your members, reminding them why we are Elks. The Elks National Foundation supports all of our programs and more at our Lodges. It requires understanding of how the Elks National Foundation really wants to give your Lodge the funds it needs to achieve success in supporting the community that surrounds it.

As we close in on the last quarter of the 2024-2025 Lodge year, let's see how Lodges are doing in meeting the GER and WSEA State President Goals.

Last year, 33 out of 34 Lodges met the GER Goal of \$4.80/member, and 17 out of 34 met the State President's Goal of \$11/member:



This year, so far, with 2 1/2 months left to go, 28 of our 35 Lodges have already met the GER Goal of \$5/member, and only 2 of our 35 Lodges have met the new State President's Goal of \$20/member, with a handful coming close to achieving it as well. Remember, each Lodge that meets the \$20/member, will receive a \$500 check for their Lodge at the State Convention in Pasco.

In Support & Gratitude,

Julie Seeder, PER
WSEA ENF Chair
206-478-1638 - jseeder2171@gmail.com

Represent Your Lodge at the Washington State

WSEA OFFICER TEAM



The Washington State Elks Association, Founded in 1905, is made up of the state subordinate lodges of the Benevolent and Protective Order of Elks of the United States of America. It currently has 35 member Lodges within Washington State and more than 20,000 members. Its purpose is to unite all Elks in closer bonds of fraternity, to promote the interests of the Order, exchange items beneficial to member Lodges, foster the virtues of Charity, Justice, Brotherly Love, and Fidelity and to further patriotic devotion to the principles of the United States of America.

President:

Mike Dahl

President Elect:

Scott Rainey

Vice President/North:

Ben Braden

Vice President/East:

Lana Davick

Vice President/Central

Scott Knight

Secretary:

Steve Scholz

Treasurer:

Robert Finley



11 O'clock Toast and Flag Charge Contests at WSEA Winter Convention

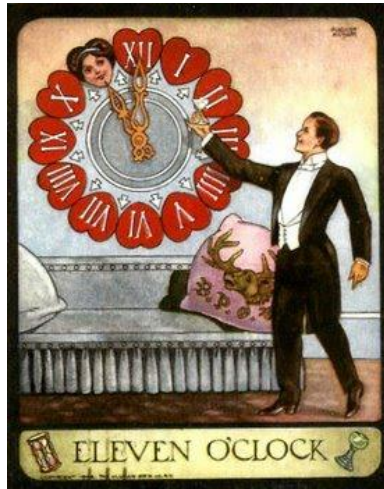
January 17, 2025, from 11:00 – 12:45

Location: Evergreen 3&4

In the past, only an Exalted Ruler, or Past Exalted Ruler, could represent Washington at Grand Lodge Convention as the 11 O'clock Toast or Flag Charge Contest winners.

UPDATE: This year that rule has changed-

ANY ELK IN GOOD STANDING CAN PARTICIPATE IN BOTH CONTESTS. THE WINNER WILL REPRESENT WASHINGTON STATE AT THE GRAND LODGE CONVENTION COMPETITION!



We are hoping to get significant participation from EVERY Lodge this year. We are booking a larger room and more time to facilitate our amazing Elks that would like to give their rendition of one, or both, of these amazing parts of our Elk tradition.

Even if you aren't sure you're ready to compete this year, come on out and support your fellow Elks and be inspired!

Contact WSEA Ritual Chair Heather Beal (heather.1181elks@gmail.com) for more information.

District Deputies for 2024-2025

Central:

Grand Exalted Ruler District Deputy: Scott Knight

Esquire: Peter Schultz

Auditor: Patti Knight

East:

Grand Exalted Ruler District Deputy: Marc Allen

Esquire: Richard Shull

Auditor: John Dabney

Assistant to the Auditor: Patty Wilson

North:

Grand Exalted Ruler District Deputy: Dave Richcreek

Esquire: Arnold Smith

Auditor: Mike Campbell

Assistant to the Auditor: Sheryl DeMarsh/Aaron Reid

South:

Grand Exalted Ruler District Deputy: Rob Dahl

Esquire: Mike Morant

Auditor: Michele Jenkins

West:

Grand Exalted Ruler District Deputy: Dean McCoy

Esquire: Patricia Staley

Auditor: Brandi Wallace

Assistant to the Auditor: Mike Leavitt



Washington Elks Therapy Program for Children

Since 1954, the Washington Elks Therapy Program for Children, Inc. has provided home-based occupational or physical therapy to children with developmental delays or physical disabilities. Services are provided at no cost to the family served.

Childrens Hospital



The Elks for Children's Hospital partnership between Seattle Children's Hospital and the Washington State Elks Association began in 1926 and continues today. The bond of these two entities and the care of the Elks has given hope to children in our region for more than 99 years.

Support the Washington Elks Charitable Trust in 2025!



The Washington Elks Charitable Trust, a 501(c)(3) organization, funds vital programs that strengthen our communities. Your generosity

supports scholarships for traditional college and vocational-technical education, Hoop Shoot, Drug Awareness, EZ Child ID, and our nation-leading Veterans Programs while giving a substantial yearly donation to our State Major Project. These initiatives are central to our mission of serving veterans, youth, and families.

<p>Hoop Shoot Help fund Hoop Shoot programs across the state and help fund event venues, travel, lodging and more.</p>	<p>Veterans Help Washington help Veterans stay at home or become housed. Help Veterans become fed or turn their house into a home.</p>	<p>Scholarships Help Washington support scholarship programs for college and vocational paths for our state's youth and adults.</p>

By donating to our Charitable Trust, you not only help sustain these life-changing programs but also will enable us to do even more. Every dollar contributed fuels local lodge grants, enhances youth outreach, and deepens community connections—allowing the Elks to continue making a profound difference across the state.

Elks Care – Elks Share

As a special incentive, your donation now counts toward our Lapel Pin recognition program. With a donation of just \$20 you'll receive a lapel pin and with your continued contributions reaching milestones of \$100, \$250, \$500, and \$1,000, you'll earn additional hanging bars to proudly display your support.

<p>Drug Awareness Donate towards saving the lives and futures of children in our state. Help them remain Drug Free.</p>	<p>Child ID Program Help aid and shorten the reporting time when a child goes missing or is abducted enabling quick action by Parents and Law Enforcement.</p>	<p>Americianism Donate to our programs supporting things like Flag Day, the Essay Contest and more. Help us do more for Americanism in our state.</p>

Awareness is building and 2025 will see the fog lift and outreach efforts move through your local lodge with our new grant programs - help us reach our shared goals – ensuring the success and growth of our local lodges while bettering the lives of youth, veterans, and community members across Washington State.

Please make your tax-deductible donation today and help the Washington Elks Charitable Trust do more. Together, we can ensure that the spirit of “Elks Care. Elks Share.” thrives for years to come.



Thank you for your generosity!

WECT LAPEL PIN



Support the programs of the Washington Elks Charitable trust by purchasing your Lapel pin today!

As you reach each donation level you can add a new bar to your pin to proudly show your support of the amazing programs of our Charitable Trust



Washington State Elks Association

sponsors of

EZChildID[®].com

This is a
FREE service
provided by your local
Elks Lodge



EZ Child ID System training available at Winter Convention

- How to set up an event
- How to promote an event
- Hands on training

“The first **2 hours** after a child is abducted are the **most critical.**”

This system is also valuable for

- Individuals with Autism
- Individuals with early on-set Dementia
- Individuals with Alzheimer's Disease
- Individuals who rely on others for their safety and daily care



Protecting Our Greatest Resources



The Discover Elks Group

Elks Awareness and Elks Advancement in Area 8 states & across our nation.

The Discover Elks Group represents a dynamic community dedicated to making a positive impact on the awareness, and growth of the Benevolent and Protective Order of Elks in Area 8 and across our country.

DiscoverElks.org is the online hub for the Discover Elks Group, an initiative dedicated to raising awareness about the Benevolent and Protective Order of Elks (BPOE) and our community-focused mission. Our aim is to modernize and expand the reach of Elks' by leveraging digital platforms and innovative outreach strategies to inspire a new generation into joining our ranks and contributing to our amazing organization.

The website DiscoverElks.org serves as a gateway to all these opportunities, providing resources you can use within your community outreach and Elks promotional campaigns. It's a platform where members and potential members can learn, connect, and take action towards reinstating or becoming a new member.

We strive to advance the Elks through opportunities that arise from supporting activities organized and participated in by our likeminded members.

Join us in driving awareness of the Elks' message by supporting youth drivers through our partnership with Madex Moran Motorsports and Brayden Brookshire Racing! With Super Late Model races in Polson, MT, and IMCA SportMod races from Grays Harbor, WA, to Cottage Grove, OR, the Discover Elks Group brings our message to life on the track and in the community.

Get ready for 2025 to bring you exciting Elks Nights at the races and live-streamed events at your lodge, where your membership can feel the excitement firsthand.

Through impactful streaming, digital, and static advertising, combined with the promotion of youth development and civic engagement, we're shining a spotlight on the values that make the Elks great. By showcasing our commitment to future leaders, we're making it easier than ever for your community to see how great it is to be an Elk - inspiring them to join your lodge!

Madex Moran, a 16-year-old resident of Benton City, Washington, began his racing career at 5 years old and recently finished 6th out of 27 starters in the Montana 200 in his Super Late Model class out of Polson Montana on the Mission Valley Super Oval.

Brayden Brookshire, a 17-year-old resident of Vancouver, Washington, began his racing career at 7 years old and recently won the State Championship in his Northern SportMod class on tracks ranging from Grays Harbor Raceway to Cottage Grove Speedway. Brayden makes the Sunset Speedway in Banks, Oregon his home track.

Both drivers are excited to shoulder our Elks awareness campaign and are excited to experience the support of Area 8 Elks in 2025.

DiscoverElks.org is our path towards success.



The Discover Elks Group

Elks Awareness and Elks Advancement in Area 8 states & across our nation.

MADEX MORAN MOTORSPORTS!



BRAYDEN BROOKSHIRE RACING!



youtube.com/@DiscoverElks



facebook.com/discoverelks



discoverelks.org



discoverelks@gmail.com
join@discoverelks.org

ATTENTION ALL LEADING KNIGHTS

You are invited to attend
the ER to be "Tune Up"
Session!



TIPS TO PREPARE FOR YOUR YEAR



ASK QUESTIONS



NETWORK



Hosted by Jill
Anderson, WSEA
Officer Training
Chair



To the Lodges, Officers, and Members of the Washington State Elks Association.

I am writing this letter to you, for your consideration, on supporting me for the position of WSEA Vice President South District.

These past few months I have been visiting lodges in Washington going to lodge meetings or events. It has been such an honor and so humbling to witness many initiation rituals for new members joining our lodges. The Elks membership in Washington is growing.

Each one of our lodges in Washington is doing great things to support the communities, veterans and children's programs. It really makes me proud to be an Elk in Washington!

In visiting the lodges, I had the opportunity to meet and visit with many of you, but in case I did not get to speak with you here is a little about me. I am a retired Registered Nurse of 36 years, with a background in Critical Care Nursing, House Supervisor, Transfer Center Manager, and Transitional Care RN with a Hospitalist program. I have been happily married to Mark Bradwell for 33 years and we have 3 grown children. We enjoy RVing, boating, and having fun with Elks friends!

I became a member of the Vancouver Elks Lodge #823 in February 2018. After my initiation as a new member, I became Assistant Esquire and continued as Esquire, Esteemed Lecturing, Loyal Knight, Leading Knights and Exalted Ruler. I became an active committee member and chaired several committees and events in the lodge over the past 8 years.

I am proud and honored to have competed in Initiation Ritual, Flag Charge and winning the State 11th hour Toast. I was humbled to represent Washington State at Grand Lodge in Austin Texas this July. Ritual is an important part of my Elk experience. This fall I attended Ritual judge training, and I hope to receive my certification to word judging at the next training session.

The lodge has recognized my commitment and awarded me Elk of the Month in 2018, 2019, and Officer of the Year 2019. I received South District Officer of the year for 2022-23.

I am currently a member of the Auditing and Accounting, Chairman of Drug Awareness and Youth Activities committees. I am a Board Member and Secretary of the lodges Vera's Basement corporation, and Secretary for the PER association at Vancouver 823.

This year I am serving appointments as South District Drug Awareness Chair, State EZ Child ID program and State South District Financial Trustee 1 year.

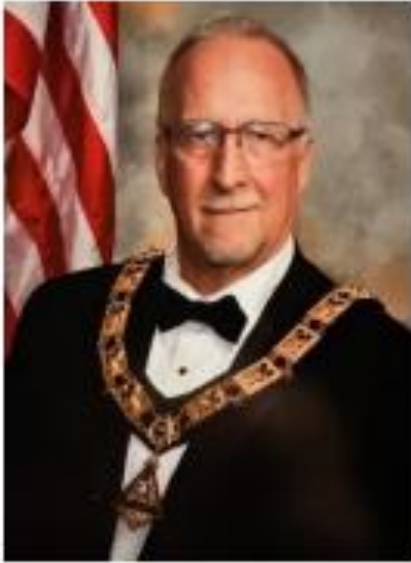
I believe in and support our great organization and what we can accomplish together in our lodges, in our districts, in our state organization and in our Nation as Elks!

Honor our Past Traditions and Embrace our Future!

Please support me in my election to the position of WSEA Vice President South District.

Fraternally,
Caroline Bradwell, PER Vancouver Lodge #823

DAHL ANNOUNCES CANDIDACY FOR VICE-PRESIDENT, SOUTH



Greetings to my brother and sister Elks! I am running for WSEA Vice-President, South, and I am asking for your votes and your support!

These are exciting yet challenging times for our Order and our association and I look forward to the opportunity to continue my family's legacy of service, as your next Vice-President.

As a U.S. Marine Corps veteran, I had a successful 25 year career in public safety, serving as a law enforcement officer and firefighter. For 10 years, I served as Fire Chief. In my "second career," I work as an occupational health and safety professional, working in a number of different, challenging environments, including high-rise construction and major manufacturing. I am currently the Director of Safety for Lease Crutcher Lewis, a 140 year old northwest contractor.

I have been a member of the Kelso-Longview Lodge for the past **38 years** and have been very active in my lodge, the state association and Grand Lodge. I have sat on a number of local and state committees, currently serving as our lodge Membership, Lodge Activities and Youth Activities chairs, while also being a part of the Veterans Service and Public Relations Committees.

I served as **Exalted Ruler** in 2018-2019 and guided my lodge to a **1st place** finish in the **All American Lodge** contest in Division IV. In 2023, I was appointed as **District Deputy Grand Exalted Ruler** for the WA South District. This year, I am serving a 2nd term in that role and am also sitting as the **WSEA Chaplain** for the second time and have served as the South **District Hoop Shoot Chair** for the past six years. I have supported and competed in the Ritual Contest for many years, winning top honors in many stations! I was coach for the state championship team in 2021-22. For the past several years, I have served as a **Trustee** for the Therapy Program for Children, a program that I am so very proud to be a part of.

To be certain, I am a very active and contributing member of the Order of Elks. I am very proud to be a part of the Washington State Elks Association and know that I can make great contributions to the leadership, outreach and service of the association to the local lodges and our communities.

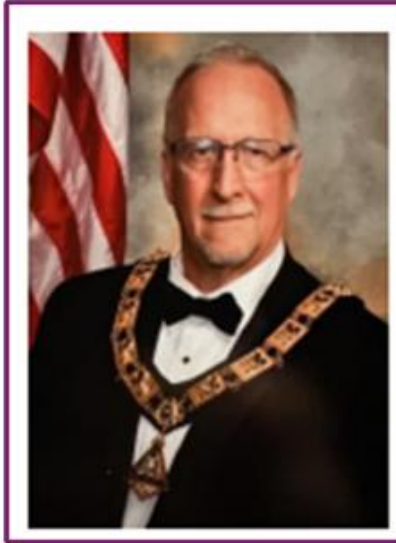
If elected, I will provide strong leadership, communication, counsel and support to all of the South District lodges, as well as the rest of the state, while working to guide the programs of the association and our amazing State Major Project.

Thank you for your support and your votes!

VOTE

ROB DAHL, DDGER

VICE-PRESIDENT SOUTH



HONESTY, INTEGRITY, PRIDE

- **Dedicated Elk for 38 Years!**
 - **US Marine Veteran**
 - ***District Deputy Grand Exalted Ruler, 2 Terms***
 - **State Chaplain, 2 Terms**
 - **Therapy Program Committee Member**
 - **District Hoop Shoot Director**
 - **Lodge Committee Chair**
- (Membership, Youth Activities, Lodge Activities)**

CONTINUING A LEGACY OF SERVICE



A Message from the State Major Project Chairman and Therapy Supervisor

Everyone that is involved with the Washington State Elks Major Project welcomes you to the 2025 Winter Convention. This includes the program staff members and our talented therapists. The Therapy Committee Members are working well within the guidelines that have been recently implemented. What an incredible year this has been for the Washington Elks Therapy Program for Children, Inc. The program celebrated its 70th anniversary with many activities for fundraising and fellowship. Many thanks to those of you who have participated in the Washington Elks Therapy 70th Anniversary Gala, one of our many golf tournaments, or our new bowling tournaments! There is something for everyone to join in the fun while raising funds for “Our Kids”. Our celebration will continue through June, and it will be interesting to see what new events will take place.

We want to thank everyone for their donations and support to the Washington Elks Therapy Program for Children, Inc. Through the years, your generous support of your State Major Project has provided life changing Occupational or Physical Therapy to hundreds of thousands of children in need, across the great state of Washington. Beginning with only one therapist in 1954, our program has grown to sixteen therapists. This couldn't have been accomplished without your help. There are many children that still need help, and we pray that we will be able to serve this additional need, for many years in the future.

You won't want to miss our Therapy Program Demonstration with Sarah and Charlie on Friday, January 17th at 1:00 PM! You have seen Charlie in several of our promotional materials throughout the years. Charlie will be 21 on his next birthday and is aging out of our Therapy Program. Come hear about his journey and how your support has helped him grow into an amazing young man that is ready to reach for the stars and give back to his community.

Warmly,

Lee Frankie

Lee Frankie
State Major Project Chairman

Rebecca Gibson

Rebecca Gibson
Therapy Supervisor



GROWING THROUGH THE YEARS WITH THE WASHINGTON ELKS THERAPY PROGRAM FOR CHILDREN, INC.





OUR KIDS

Washington Elks Therapy Program for Children, Inc. Our State Major Project

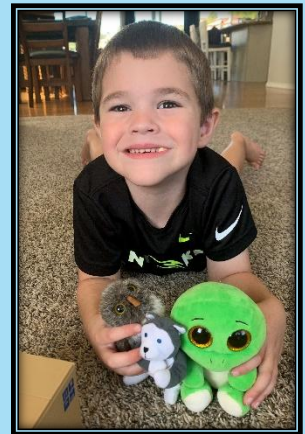


I'd like you to meet Judah. He is a sweet, fun 4-year-old who enjoys interacting with his older siblings, has great interest in animals, building with Legos, and as you can see, he has an amazing smile that lights up a room. Judah started OT through the Elks due to his sensitivities to multi-sensory input, especially in busy environments & with other children. He hadn't been able to sleep without his body touching a parent, needed his pacifier most of the day and night, and became anxious and overwhelmed to where it was difficult to communicate and participate. He was very attached to his mom and needed to be with her regularly, as he would become distressed with any separation from her, even when she was in an adjoining room in their home. He has made such great progress in the last 7 months with his confidence, communication, participation, and independence.

His mom wanted to share their family's appreciation to the Elks as we celebrate their 70th year of supporting the Washington Elks Therapy Program For Children.

I don't even know where to begin to explain how much receiving OT services through the Elks has helped not only my son, but our entire family! Judah was always very timid and afraid of new places and people, so the fact that the OT could consistently come to our home made a big difference. My son was able to be in his safe space which made him more open to learning. Prior to services, he heavily relied on his attachment to me along with his pacifier for regulation. The OT working with him has taught him so much about the way his brain works, including about his automatic protective responses (fight, flight, freeze) in ways he can understand using animals. This was essential as now he can identify when/why his big feelings occur and can utilize helpful ways to regulate. Before OT, he wouldn't communicate much with anyone outside of our family. He would completely shut down, hide and not respond to anyone. The OT has given him so many tools to use and has also taught him how both verbal and non-verbal ways of communicating are ok! This has opened up a whole new world for him as he is learning that if speaking is too overwhelming in any given moment, he can always give "eye clues" (pointing, thumbs up, wave, big smile) to communicate an answer or give a greeting. Because of this, he feels empowered instead of helpless in social interactions and no longer hides when people talk to him. Judah has worked on specific solutions to situations that caused a lot of stress at preschool and his confidence and growth have soared over the last few months. He is now willing to participate in class, he will play on outdoor toys away from me even if there are other kids on them, and has even asked me if he can go say goodbye (with a wave) to his friends. As a parent, I was getting so discouraged and did not feel like I had the support I needed to help him. That all changed once I learned about OT services offered through the Elks. The resources Judah has received and the support I have felt as a parent have completely changed the trajectory of his confidence, growth and overall happiness. I am so incredibly thankful for the opportunity to have an OT work with Judah and to the Elks for making this possible. It has made all the difference in the world to our family!

He no longer uses a pacifier during the day and uses gum and other chewy foods available to help him regulate as well as sensory input like deep pressure applied to his body. He now shares a room with his brother and has a tent bed on the lower bunk bed with sensory supports that help him sleep. He's working on small steps towards being able to fall asleep on his own, including when he wakes in the night. He has increased his confidence and independence by learning in therapy at such a young age about his brain in a way he can understand that represent the thinking part and the protective part of the brain. He knows now that when he doesn't have "felt safety" in situations and is overwhelmed, that his automatic protective system in his brain starts working (fight, fright, or freeze response) and he shuts down (freezes) and "turtles." He has been empowered with knowing that he now has owl brain strategies to help him in these situations. He also knows now that there are other ways to communicate besides speaking which tends to be something he's not able to access easily in these moments of high stress, yet he has great strength in using gestures, body language, and use of customized visuals to assist him in self advocating which he's doing great with. His confidence when interacting & communicating with others has grown, he knows his feelings and is expressing them more, is interacting with more adults and some kids now, and is going to his pre-k class and participating in ways he's more comfortable. He is more willing to try to solve problems at home and try new things. He can play on his own now, and he doesn't become distressed when his mom goes to other rooms in the house or leaves the house.



JUDAH

State Major Project Donation Summary Report

DECEMBER 2024 Donation Summary	MBRS	DIV	# of Gifts	Dollars	# of Gifts	Dollars	Per MBR	Overall Rank	Div Rank	% of Goal
			Current Month		Year to Date					
Colville Elks #1753	235	1	5	\$310.60	111	\$9,531.70	40.5604	I	I	203%
Olympia #186	261	1	18	\$951.00	146	\$7,156.67	27.4202	5	2	137%
Tri-Cities #2755	201	1	11	\$766.50	57	\$5,071.75	25.2326	7	3	126%
Gig Harbor #2560	178	1	8	\$1,973.00	122	\$3,783.70	21.2567	9	4	106%
Bellingham #194	199	1	3	\$200.00	84	\$2,416.40	12.1427	22	5	61%
Walla Walla #287	293	1	14	\$1,498.60	57	\$3,167.02	10.8089	24	6	54%
Greater Spokane #228	233	1	12	\$710.00	42	\$1,777.25	7.6277	30	7	38%
Lakewood #2388	271	1	10	\$405.00	11	\$738.75	2.7260	33	8	14%
Omak Elks #1742	247	1	2	\$100.00	4	\$429.35	1.7383	34	9	9%
Oak Harbor #2362	353	2	45	\$4,059.00	237	\$11,780.90	33.3737	2	I	167%
Puyallup #1450	337	2	31	\$1,623.05	182	\$10,218.45	30.3218	3	2	152%
Shoreline #1800	303	2	15	\$475.21	131	\$9,160.32	30.2321	4	3	151%
Raymond #1292	492	2	62	\$3,478.33	165	\$10,316.78	20.9691	11	4	105%
Hoquiam #1082	419	2	4	\$632.00	17	\$8,337.18	19.8978	12	5	99%
Forks #2524	311	2	10	\$2,910.02	37	\$5,677.33	18.2551	13	6	91%
Ocean Shores #2581	418	2	12	\$465.30	95	\$6,707.85	16.0475	14	7	80%
Lynnwood #2171	466	2	50	\$3,908.36	138	\$7,306.06	15.6782	15	8	78%
Aberdeen #593	433	2	7	\$320.75	70	\$5,703.15	13.1712	20	9	66%
Mt Vernon #1604	442	2	18	\$1,195.50	31	\$4,037.92	9.1356	26	10	46%
Mt Adams #1868	378	2	13	\$1,161.04	88	\$3,079.32	8.1463	27	11	41%
Anacortes #1204	416	2	9	\$728.00	12	\$3,307.50	7.9507	29	12	40%
Burien #2143	343	2	8	\$705.60	53	\$2,601.80	7.5854	31	13	38%
Sequim #2642	563	3	17	\$905.00	131	\$15,374.66	27.3085	6	I	137%
Naval #353	569	3	12	\$794.50	83	\$8,806.34	15.4769	16	2	77%
Seattle #92	562	3	12	\$991.65	64	\$5,462.03	9.7189	25	3	49%
Kelso-Longview #1482	1049	4	66	\$5,795.21	388	\$25,045.24	23.8753	8	I	119%
Tacoma #174	818	4	48	\$6,716.39	147	\$17,208.96	21.0378	10	2	105%
Yakima #318	1018	4	20	\$1,335.00	224	\$15,745.16	15.4668	17	3	77%
Everett #479	706	4	29	\$2,519.80	158	\$10,187.27	14.4296	18	4	72%
Port Townsend #317	735	4	17	\$865.00	205	\$10,170.15	13.8369	19	5	69%
Vancouver #823	783	4	57	\$3,426.32	191	\$9,628.37	12.2968	21	6	61%
Bremerton #1181	904	4	36	\$2,040.51	159	\$10,408.42	11.5137	23	7	58%
Long Beach #1937	770	4	11	\$663.00	48	\$5,207.50	6.7630	32	8	34%
Ballard #827	2906	6	44	\$5,381.55	423	\$23,568.17	8.1102	28	I	41%
	18843		736	\$60,010.79	4111	\$279,119.42				

Lynnwood Elks 2171

Presents

*Washington Elks Therapy
Program for Children*

**COIN BOX
DINNER**



January 25, 2025

5pm Social Hour

**6pm Beef Stew Dinner & Homemade
Apple Turnovers**

(chicken or vegetarian option upon request)

**\$15 per person (FREE with a
donation or full Coin Box)**

**7pm Presentation by our Therapist
Sarah Junkin-Clark**

Lynnwood Elks Lodge

15128 Hwy 99 Lynnwood, WA 98087

RSVP -- elks2171@gmail.com or 425-776-2171



SPOUSES SOCIAL

Members & Spousal Members Welcome



WASHINGTON STATE ELKS ASSOCIATION WINTER CONVENTION 2025

Friday, January 17, 2025

11am - 12:30pm

at the Burien Elks Lodge #2143

Come check out the closest Lodge to our convention. Roundtrip transportation from the SeaTac Double Tree to the Burien Elks is available

Cost - \$25

FEATURING:

- Lunch of Soup, Salad, Sandwich
- Wine
- Non-Alcoholic Beverages
- Loud Mouth Bingo with Prizes
- Raffle Baskets for Charity

