



*Patronize & Participate*  
**BENEVOLENT & PROTECTIVE ORDER OF ELKS**  
**IOWA CITY LODGE NO. 590**

*Exalted Ruler Jason Tjarks*

**637 FOSTER ROAD • IOWA CITY, IOWA 52245**  
**(319) 351-3700 • FAX (319) 358-2176**  
**E-MAIL: ELKS590@ELKS590.ORG • WEBSITE: WWW.ELKS590.ORG**

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## ELKS BULLETIN

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ISSUE 2015-2

February 1, 2015

PUBLISHED MONTHLY

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### Message from the Board

Dear Lodge 590 Members,

The Board of Directors is looking for input from our members of Lodge 590. The Board is considering selling the property (approximately 10 acres) east of the superintendent's house (Ned's residence), formerly our driving range. There are many expenses associated with owning the property (taxes, mowing, employee hours, etc.) while no income is being generated by the property. The driving range is utilized by very few members and is really not safe to hit balls there with the new housing developments in place.

Please e-mail your thoughts and concerns to Jason Tjarks (jdtjarks@gmail.com) or Greg Finger (gregfinger@gmail.com), or mail your thoughts and concerns to the Lodge at 637 Foster Road 52245, attention Jason or Greg.

Any Lodge 590 member or company for which they work that has interest in purchasing the property to develop, please contact us. We are making the contact date of February 15<sup>th</sup> as a cutoff date for those interested in pursuing to purchase the property.

Thank you,

Lodge 590 Board of Directors

Greg Finger, Chair	Don Sharp
Mike Morony	Jason Tjarks, Exalted Ruler
Steve Wilson	Jay Strunk

### General Manager's Report

We are getting closer to spring. Hopefully we will get out on the course sooner than last year, which was April 5<sup>th</sup>. Superintendent Ned Giles and his staff will have us going as soon as the weather allows.

Now is a great time to start encouraging your friends and neighbors to consider joining us here at Lodge 590. I am sure the Board of Directors will again offer incentives for membership recruitment. As soon as those are decided we will make an announcement.

Please be advised that your Lodge 590 social dues are to be paid in full by April 1, 2015, to keep your membership current.

### VALENTINE'S CAJUN FEST

Join us Saturday the 14<sup>th</sup> and treat your honey to a Cajun Fest. Warm your Valentine's Day with fried catfish, shrimp and andouille sausage gumbo, red beans and rice, and beignets (powdered-sugar covered pastries). Twenty-five dollars per person includes the buffet, beverages, tap beer and house wine, as well as music provided by Kevin "B.F." Burt. The doors will open at 5:30, buffet begins at 6, and B.F. Burt will start at 7 p.m. Please call 351-3700 for reservations.

## LIFE LINE SCREENING

Iowa City Elks Lodge 590 is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on Tuesday, February 17, 2015.

Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete.

**In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6450 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners).**

## ELECTIONS

We will be taking nominations for Lodge 590 offices at the meetings in February, Monday the 2<sup>nd</sup> and Monday the 16<sup>th</sup>. Nominations can be made for all four chairs, Exalted Ruler, Leading Knight, Loyal Knight and Lecturing Knight. Also nominations for the offices of Secretary, Treasurer and Tiler can be made. Elections will be held at the second meeting in March, Monday, the 16<sup>th</sup>.

## MESSAGE FROM THE PRO

What a nice January we have had for the past week! The snow is just about gone. May the winter continue in this fashion so the Iowa River remains within its banks for the entire 2015 golf season. Keep thinking warm thoughts as the season will be upon us soon. Looking forward to a great season!!! Plan to play a bunch of golf!!!

Terry Anderson  
PGA Golf Professional  
Elks Country Club  
Iowa PGA Section

## CART SHED AVAILABLE

There are several cart sheds available for individual golf cart storage. All the sheds are on the lower level and the cost for annual storage is \$300 plus tax. The price includes fuel, gas or electric. Call Kevin at 351-3700 for information on shed locations.

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## BOARD OF DIRECTORS

1/5/15

No Meeting

1/19/15

### I. General Manager Report

A. Absent

### II. Old Business

A. Discussion on sale of old driving range. Tabled to get membership input from bulletin and mass letter notice.

B. Budget and financial reviews in good order.

### III. New Business

A. Hills Bank representatives made proposal to manage Lodge monies.

### IV. Attendance

**Present:** Greg Finger, Don Sharp, Jason Tjarks, Steve Wilson and Jay Strunk.

**Absent:** Mike Morony.

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*Iowa City Lodge No. 590*  
BENEVOLENT AND PROTECTIVE ORDER OF ELKS  
637 Foster Road  
IOWA CITY, IOWA 52245

RETURN SERVICE REQUESTED



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*Iowa City Lodge, No. 590*  
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- Luncheons
- Dinners
- Private Parties
- Meetings
- Members / Guests

# FEBRUARY 2015

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>1</b> CLOSED	<b>2</b> Lodge Meeting 7 PM Pro Shop 11-4	<b>3</b> Pro Shop 11-4	<b>4</b> Dinner 5:30 - 8:30 Pro Shop 11-4	<b>5</b> Pro Shop 11-4	<b>6</b> Dinner 5:30-9:00 Prime Rib Pro Shop 11-4	<b>7</b> CLOSED
<b>8</b> CLOSED	<b>9</b> Pro Shop 11-4	<b>10</b> Pro Shop 11-4	<b>11</b> Dinner 5:30 - 8:30 Pro Shop 11-4	<b>12</b> Pro Shop 11-4	<b>13</b> Dinner 5:30-9:00 Crab Legs Pro Shop 11-4	<b>14</b> B.F. Burt Cajun Fest Dinner 6 PM Music 7 PM
<b>15</b> CLOSED	<b>16</b> Lodge Meeting 7 PM Pro Shop 11-4	<b>17</b> Life Line Screening Peninsula Meeting 6 PM Pro Shop 11-4	<b>18</b> Dinner 5:30 - 8:30 Pro Shop 11-4	<b>19</b> Junior Service League Pro Shop 11-4	<b>20</b> Dinner 5:30-9:00 Beef Tenderloin Pro Shop 11-4	<b>21</b> CLOSED
<b>22</b> CLOSED	<b>23</b> Pro Shop 11-4	<b>24</b> Scout Banquet Pro Shop 11-4	<b>25</b> Dinner 5:30 - 8:30 Pro Shop 11-4	<b>26</b> Pro Shop 11-4	<b>27</b> Dinner 5:30-9:00 Walleye Pro Shop 11-4	<b>28</b> CLOSED

**STROKE**

**DIABETES**

**HEART DISEASE**

# Early Detection is Key to Prevention

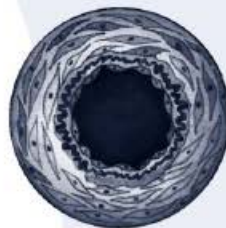
## PREVENTIVE HEALTH SCREENINGS CAN DETECT YOUR RISK FOR SERIOUS DISEASE

A stroke occurs in the US every 40 seconds, yet 80% of strokes can be prevented.<sup>1</sup>

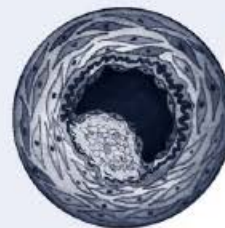
1 in 3 with diabetes don't know they have it.<sup>2</sup>

Heart disease is the #1 killer among adults in the US, but heart disease is preventable and controllable.<sup>3</sup>

### What's Inside Your Arteries?



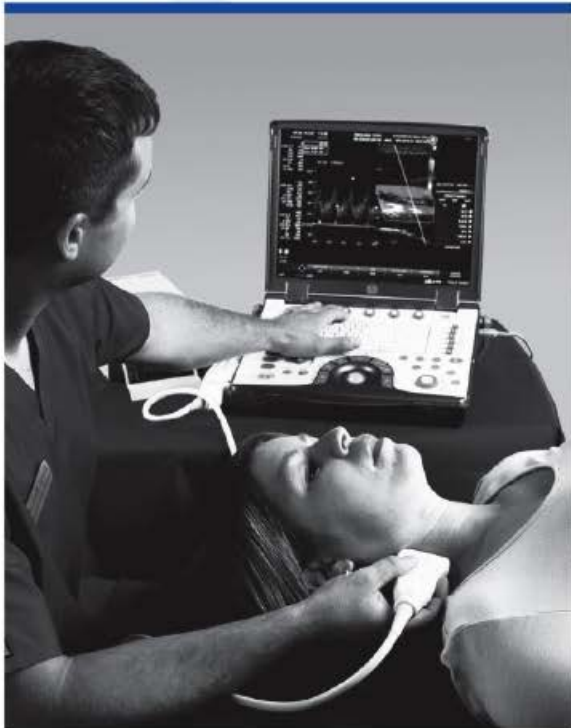
**NORMAL**  
Blood flows easily.



**MODERATE**  
Blood flow reduced.



**SIGNIFICANT**  
Blood flow is halted.



Life Line Screening ultrasound technician performing a carotid artery screening to look for fatty plaque buildup.

<sup>1</sup>Source: National Stroke Association

<sup>2</sup>Source: US Department of Health and Human Services

<sup>3</sup>Source: Centers for Disease Control and Prevention

## A Stroke Screening is Coming to Your Neighborhood:

Join the nearly 8 million people who have been screened. Appointments are limited, register today.

**WHERE:** Iowa City Elks Lodge 590

**WHEN:** Tuesday, February 17, 2015

**Pre-Registration is required. Call 1-888-653-6450**

To register for your appointment and to receive a special \$10 discount, please call 1-888-653-6450 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners)

First+Last Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Package 1  Package 2  Screening site, zip code and date: \_\_\_\_\_

**To sign up call 888-653-6450 or fax this form to 866-628-4857.**

# Trusted by Hospitals Nationwide.

Life Line Screening has **partnered with over 150 hospitals** across the country and has **screened nearly 8 million participants**. Why? Because the ultrasound screenings that we offer **can help save your life**.



## **Stroke/Carotid Artery Screening — \$70.00**

Ultrasound scan of the carotid arteries that screens for buildup of fatty plaque — a leading cause of strokes.



## **Heart Rhythm Screening (Atrial Fibrillation) — \$70.00**

A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence or absence of an irregular heartbeat.



## **Abdominal Aortic Aneurysm Screening — \$70.00**

Ultrasound screening for an abdominal aneurysm (enlargement) that could lead to a ruptured aorta.



## **Peripheral Arterial Disease Screening — \$60.00**

Evaluates for peripheral arterial disease (PAD) in the lower extremities, which increases the risk of heart disease.



## **Osteoporosis Risk Assessment — \$60.00**

Ultrasound screens the heel for bone mass density. Osteoporosis is painless and silent in its early stages.

### **PACKAGE 1**

**Stroke, Vascular Disease & Heart Rhythm Package — 4 tests for only \$139**

### **PACKAGE 2**

**Add an Osteoporosis Screening for only \$10 more — 5 tests for only \$149**

***A \$181 savings!***

Screening results are provided to you in 15 days. We direct all participants with abnormal results to take the report to their physician. Appropriate modification of stroke risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for stroke prevention. Our screenings cannot detect all forms of stroke. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. Screenings in California are provided by Life Line Mobile Screening, a physician owned practice. Screenings in Kansas are performed by Life Line Screening of America, Ltd. on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Manganaro, 70 Niagara Street, Buffalo NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service. Texas residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. Cancellation Policy: A full refund is issued if you call to cancel at least 2 days prior to your appointment. If less than 2 days' notice is given, we will issue a Gift Card for the full amount to be used by you, or anyone you choose, to purchase future screening services.