



# IMPORTANT!

RETAIN DUES RECEIPT  
UNTIL YOU RECEIVE NEW  
MEMBERSHIP I.D. CARD

Nashua Lodge of ELKS

## THE 720 BUZZ . . .

MONTHLY BULLETIN APRIL 2023



### BOARD OF OFFICERS 2023/2024

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#### Esquire

Doug Knox

#### Tiler

Derek Connary

#### Chaplain

Norman Lavallee

#### Inner Guard

Kelley Lacasse

#### TRUSTEES

1 Yr. Janice Rouleau  
2 Yr. Donald Ossinger  
3 Yr. Robert Guidaboni  
4 Yr. Michael Marois  
5 Yr. Melissa Nazarenko

#### SUPPORT STAFF

#### Newsletter / Editor

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#### MANAGER

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### MEETING SCHEDULE

Mon. Apr. 10th, 2023, 7:00 PM  
Mon. Apr. 24th, 2023, 7:00 PM



Please have your  
**SIGNED 23/24 ID**  
or admittance!

## UPDATED HOURS

Monday 4:00 pm - 10:00 pm  
Tuesday 4:00 pm - 10:00 pm  
Wednesday 4:00 pm - 10:00 pm  
Thursday 4:00 pm - 10:00 pm  
Friday 11:30 am - 11:30 pm  
Saturday 11:30 am - 11:30 pm  
Sunday 11:30 am - 8:00 pm

(Hours subject to change to meet the  
current challenges)



### Request for Life Membership:

Robert D Chasseur  
Member # 3918 initiated:  
10/21/1984 39 Elk years

George Demontigny, Sr.  
Member # 4165 initiated:  
06/12/1988 35 Elk years



### Nashua Emblem presents: Meat Bingo/Pizza night

April 22, 2023

Pizza by Shaun & Crew 5:30 PM  
While it lasts!

**AND** Meat Bingo; which  
starts at 7 PM





Submitted by ER Robert Schneider April 2023:

Another Elk year is upon us, I'm humbled and honored to be 2023-24 Exalted Ruler of the greatest lodge in the State. I want to thank Mike Norway for his mentorship, friendship and unwavering commitment to the Lodge. I'm very lucky to have the resources and knowledge of all the PER's behind me who have paved the way for continued success. The current Board of Directors and the support staff we have in place are poised to continue our journey in Elkdom. I'm hoping everyone takes a little time to read the following, it's something that was presented to me and may help all of us do some personal cleansing of our minds and body and lead us to a happier and more productive place, both personally and professionally. It truly is a great read.

Fraternally,  
Rob Schneider

### **1. Bring silence and stillness into your life**

Ever wonder why so many people say that some of their best ideas come to them in the shower, or in their sleep? Because clarity comes when we turn down the volume on all the noise in our lives, and intentionally allow ourselves to be still.

### **2. Clean up**

Pay attention to the 'clutter'—the things you may be procrastinating about, things that need to be fixed, or feel like they're dragging you down. Carve out the time to figure out what's really causing it and clean it up.

### **3. Mind your own business**

One way to stay stuck in a cycle of unhappiness and frustration, is by trying to control things you can't actually do anything about. Focus on bringing your energy where it is needed most, and let the rest go.

### **4. Give to others whatever you feel you are lacking**

Many of us live in a state of 'lack,' thinking that life can begin if only we get what we think we need. Try contemplating generosity instead! By giving to others what *you* want or need, your sense of lack will be transformed into fullness. Seriously, it really works.

### **5. Use your senses**

Slow down and take the time to see, hear, taste, touch, and smell all the good things around you. I promise you, there are good things all around you, but you have to take the time to acknowledge them.

### **6. Recognize what is working**

It is so easy to focus on problems and unhappy feelings, but there's always more to a story. Try writing those negative things down, and for every one of them, list something positive that *is* working. Now step back and look at that list, and you'll see a much more balanced picture.

### **7. Live in forgiveness & amends**

Holding onto old grudges really takes a toll on your physical and mental well-being. If you know you hurt someone or if you feel wronged deal with it. Don't let it fester. There is zero benefit to carrying that weight around.

### **8. Learn from life experiences**

Look for any self-defeating patterns playing out in your life and slow them down so you can become conscious of what you are doing. Then make different choices with your eyes wide open.

### **9. Be pleasant**

No matter what is going on in your life, show up in an open, good-natured way. Be patient, kind, and agreeable in your day-to-day life, and you'll find that most people around you will follow suit.

### **10. Lean into joy**

Every moment offers a choice. Are you choosing stress, conflict, and unhappiness?

Making the commitment to living a joyful life doesn't mean you're wildly happy all the time. But it does mean that you're committed to seeing the good in yourself, and in others, even when it isn't easy or obvious. That kind of joy has a wonderful way of permeating your health, your relationships, your work, and all the areas of your life that truly matter.



## **Breakfast with the Easter Bunny**

**April 2, 2023 9:00 AM to 12:00 PM**

**Hop on down to the Lodge to enjoy breakfast, crafts, raffles & photos with the bunny.**

**Adults \$10.00**

**Children 12 and Under \$5.00**

**Seniors \$7.00**

**All proceeds will benefit the Nashua Elks Crusaders**



**Southside Nashua Craft/Vendor Fair**

**4/15 10:00 AM—3:00 PM**

**Please visit the craft fair as we are sure there are treasure to be found by all!**



**Come on down and join us on 4/13 for live Music!**


**Wooden Soul in grill area at 6:30 PM**

**NASHUA LODGE OF ELKS #720**  
**12 MURPHY DRIVE, UNIT B-1**  
**NASHUA, NH, 03062**

NON-PROFIT ORG.  
 US POSTAGE PAID  
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**DATED MATERIAL**

Return Service Requested

2 0 2 3	SUN	MON	TUE	WED	THU	FRI	SAT
	A P R I L  2 0 2 3	 Every THURSDAY NIGHT at the lodge is PIZZA NIGHT! The kitchen is dedicated to Pizza ONLY—no other menu is available.			<b>NEWSLETTER CUT OFF DATES</b> <b>GENERAL Submittal 04/08</b> <b>EVENT CHAIR Submittal 04/15</b>		Fish Fry—12:30 PM—8:00 PM
2 Kids Easter Breakfast 9:00 AM-12:00 PM		3 BOD Meeting 6:00 PM	4 Emblem meeting 7:00 PM	5	6 RED CROSS BLOOD DRIVE 1:00-8:30 PM	7 Fish Fry—12:30 PM—8:00 PM	8
9		10 Floor Meeting 7:00 PM	11	12	13 Wooden Soul in the grill room 6:30 PM	14 Fish Fry—12:30 PM—8:00 PM	15 Craft fair in the Hall 10:00 AM-3:00PM
16		17	18 RED CROSS BLOOD DRIVE 8:30 - 1:30 PM	19	20 RED CROSS BLOOD DRIVE 1:00-8:30 PM	21 Fish Fry—12:30 PM—8:00 PM	22
23 30		24 Floor Meeting 7:00 PM	25	26	27	28 Fish Fry—12:30 PM—8:00 PM	29