

KAREN INGRAM

Karen J. Ingram serves as a member of the Moosehaven Board of Directors. She was appointed to this position in May of 2026. Prior to this position, she served as a member of Grand Council of the Women of the Moose 2024-2026; Moose Charities Board Director 2019-2023 and as Deputy Grand Regent for the Women of the Moose 2018-2019.

Karen joined the Women of the Moose in September 2007 in the Portland, Oregon Chapter 297, where she holds a Life Membership. In May of 2021 she joined the Portland Lodge 291, also holding a Life Membership. Other memberships include East Portland, Oregon Lodge 1891, Hayward-Castro Valley, California Lodge 1491 and Astoria, Oregon Chapter 422.

Karen, a Past President of the Oregon Moose Association, has served on several committees including Community Service Chairman, Higher Degree Chairman and Audit Committee and has also held the following offices: Chaplain, Secretary/Treasurer, Recorder, Jr. Graduate Regent and Senior Regent. She is currently serving as the Chapter Advocate for Oregon.

She was named Oregon's Novice of the Year in 2010, was a Shining Star Nominee that same year and received Oregon's Woman of the Year in 2013.

Karen received the Academy of Friendship Degree in 2009, College of Regents Degree in 2012, the Star Recorder Degree in 2013, is a member of the 25 Division of The Moose 25 Club and reached the Preferred Level of the Fraternal Recognition Program in December 2025.

Outside of the Moose, she is affiliated with Meals on Wheels. Karen attended the George Fox College in Newberg, Oregon and is currently employed in Human Resources with Organically Grown Company.

When she's not "Moosing", Karen enjoys traveling, hiking with her dogs, most outdoor activities and spending time with her family and friends. She and her husband Rick reside in Oak Grove, Oregon with their two children and herd of dogs.

