



Oregon State Grange BULLETIN

February/March 2024

News About the Grange

Volume 121 No. 1

Chris Hamp of Washington Elected National Grange President

The sound of scratching pens tallying the votes echoed around the room as the election of National Grange Officers started on Thursday morning November 16 and continued through Friday at the National Grange convention held at Niagara Falls, New York.

In a close election, the delegate body elected Christine (Chris) Hamp of Washington to be the National Grange President. "Thank you for your trust and honor in electing me as your President," she said.

A member of Tualco and Five Mile Prairie Granges in Washington, Hamp had served as Vice President of the National Grange since 2021, Program Director/Lecturer for four years before that, and has been a National Grange officer for more than a decade.

In early 2023, Hamp retired as administrative services director of Spokane County District 9 after more than 30 years in state and local government. She brings with her a strong background in leadership, team and committee management, and strategic planning.

With a strong belief in the work of the Grange and a vision for the future, Hamp said "How awesome would this country be if every community had a strong, vibrant and relevant Grange! Imagine the impact we could make when we prioritize and actively work towards enhancing the experience and value we provide to each and every member of our Granges and of the communities we serve."

Hamp is a proud fourth-generation Grange member. Earlier in



her Grange life, Hamp was named the Washington State Outstanding Junior Granger in 1981, the Washington State Outstanding Young Granger in 1986 and the National Grange 1986 Youth Ambassador.

Quilts of Valor

Currently, Hamp is a member of the Board of Directors of the Quilts of Valor Foundation, which she was appointed to in 2022. As National program director (Lecturer), Hamp helped connect the Grange with the Quilts of Valor Foundation, a national grassroots organization that works to give veterans and service members quilts in thanks for their service and as healing for their experiences.

Hamp's experience getting her father signed up to receive a Quilt of Valor for his service in Vietnam "made a huge impression on me." "It made sense — every Grange in the country is in a place where they can recognize and thank their veterans," she said. "It absolutely is a great match."



Oregon Grangers at National Convention

L-r: back row: Solana Sonnier, Western Region Public Speaking representative; Brian Sonnier, The Sandy Grange; Jim J Dumolt, Communications Fellow; Mark Noah, OSG Legislative Director; Jay Sexton, OSG President; Courtney Gordon, OSG Lecturer's committee; Cookie Trupp, OSG Lecturer; JC Junkman, NG Youth Pomona. Front row: Sky Sonnier, 1+ Junior at The Sandy Grange, Susan Noah, NG Executive Committee; Toni Hoyman OSG First Lady. Kneeling: Alex Coe, National Youth Vice President. Missing from the picture: Lexi Suing, Communications Fellow and Harry Stayner, Oregon Talent contest winner.

Education

Hamp earned a bachelor's degree in public policy and administration from Western Washington University in Bellingham, Washington; a Master of Public Administration degree from The George Washington University in Washington, DC; and an associate degree of technical arts in Fire Command Administration from Edmonds Community College in Edmonds, Washington.

Ag Background

Hamp was born and raised on a dairy farm in Monroe, Washington. She showed horses and beef cattle in 4-H.

In an interview with the Capital Press Chris said "I guess they say you can take the girl off the farm, but you can't take the farm out of

the girl," she said. "I'll always have that perspective and that background. I am not involved in agriculture currently, but that rural-small town-hometown upbringing is who I am and is what I know the best."

Hamp and her husband Duane, a past President of the Washington State Grange, live outside Spokane, Washington.

A Piece of Chris trivia:

Sister Chris is the first person who has never served as a state Master to be elected National President since our very first President in 1867, William Saunders. Or as she said "The first since the first."

Based on an article by Senior Communications Fellow Mandy Bostwick - the Patron's Chain - November 17, 2023.

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Bulletin Deadline

for the
April 2024 Issue

March 10, 2024

The President's Column

Jay Sexton
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 President - Oregon State Grange



National Grange Constitution of the Order of Patrons of Husbandry

Chapter One, Article XII

RELIGIOUS AND POLITICAL
 POLICY 1.12.1

Denominational religious or partisan political matters shall not be the subject of discussions in the work of the Order, and no religious or political tests for membership shall be applied.

The above section from our National Grange Constitution is one of the reasons our order has survived for over 150 years. There are few organizations that prohibit religious and political discussion, work to the betterment of their communities, as they see fit, and have a long history of civil, cooperative friendship. Grange is a place where community members can come together without the tensions which politics and religion can sometimes reveal. In our halls we can see each other as neighbors, and this makes it easier to cooperate together. Especially in election years it is important to protect our peace by protecting our fellowship from political and religious strife.

Recruit and Grow in Strength

Grange is not a spectator sport. Our success at our Community Granges is dependent on our member volunteers, and because of this every Grange must constantly recruit new members and fully welcome them as Grangers, while those new members learn about our culture.

As President of the Oregon State Grange I get calls and emails from Granges across the state which are concerned about their ability to actively continue, and this is almost always the result of too much responsibility on too few shoulders in a Grange with less than 15 mem-

bers. Often these members will say something like "we just can't get people to join".

We are not stuck in the 1880's, or even the 1980's. Grange can be a relevant community center, open to the interests and activities of young families, and community concerns. I know Lake Creek Grange in Jackson County held an open house meeting where they asked the community what they would like to see from the Grange. They heard that the community wanted improvements in the upstairs of the Hall to make it more useful for community activities. The meeting allowed community members to hear about the Grange and see who was involved in the membership.

There is a great deal of mystery about the Grange among people who have never been members. People often think a person must be a farmer to join. People do not know there is membership. People do not know Grange is actually an organization, not just a kind of building in the countryside. Throwing open our doors and inviting the community in can go a long way to making our neighbors into our friends, and into new members. The hardest part of growing is being open to ideas that may never have been tried in your Grange before. Listen to new members' desires and help them create their dreams - a music jam night, a chicken flock workshop, Extension well water testing, a dance, a jigsaw puzzle exchange - there will be things you never thought of, but they may be things of interest to your community. Bring people together, be friendly, share snacks, meet neighbors.

If your Grange has not had many activities lately, BECOME the

Community Center!

If you are a small membership Grange your priority has to be gaining new members, and I know it is more work, but it will make everything else easier, and perpetual.

State Grange Convention in Tillamook

We are well on our way preparing for our June State Grange Convention in Tillamook. We are planning activities and workshops, getting contest guides and prizes and judges, and arranging the meals. If you have never been to a Oregon State Grange Convention come and spend a day or several with us at the coast. In this Bulletin issue and future issues, you will see information on lodging, meals, registration, the Convention Schedule, and program of presentations. There are activities and friends to meet, hear Grange success stories, see the ceremonies of the Grange, and participate in history as we meet together for our 151st annual convention.

The Oregon State Grange Presidency

I have decided not to accept the nomination for a second term as Oregon State Grange President. My primary reason is that, though my family has been supportive of my work at the Grange, they also would like me to have the time to play more of a role in their lives. I have enjoyed my work in the presidency, and I desire to be an energetic Grange volunteer at the State Level, but at this time in my young grandchildren's lives, I do not want to miss the time where I can be most supportive of their growth and development. Whoever is elected to the OSG Presidency will have my support and any instruction and guidance I can give.

If you have questions about anything about Grange, give the State Grange Office a call at 503-316-0106 or email president@orgrange.org Tuesday through Thursday, from 8 AM till 4:30 PM. We look forward to hearing from you.

Oregon State Grange Awarded Heritage Grant

The Oregon State Grange (OSG) was awarded a Heritage Grant by the Oregon State Historic Preservation Office (SHPO) to hire a consultant to assess and advise the OSG on preserving our historic documents, prioritizing preservation activities, digitally scanning our publications and documents, and creating a hosting platform for them in a searchable online website, available to everyone.

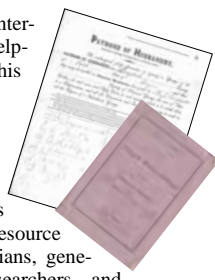
The awarded Grant for \$20,000 will be matched with \$25,000 in funds and volunteer labor from the OSG. This award is the maximum for this Grant program, signifying the value SHPO places on our historic holdings.

Our Grant application was drafted by MarkliAnn Johnston, of Marys River Grange #685, and the application and acceptance of the award was approved by the OSG Executive Committee, The Oregon State Grange Foundation Board (acting as the 501(c)(3) fiscal agent), the OSG Attorney Kate Gowell, and will be led by Jay Sexton (current OSG President) until the completion of the project in April of 2025.

As the project moves forward, Grangers will be sought to volunteer in the digitization process at the State Grange Office. The volunteer labor will be credited in the OSG matching of the Grant Award. Contact the State Grange Office if

you are interested in helping with this project.

Our 150-year history in Oregon is a rich resource for historians, genealogy researchers, and members of the public. At present the documents of our long history can only be accessed at the State Grange Office, three days a week in Salem. Digital hosting of these documents and records will preserve, protect, and exponentially improve access to our rich history.



Oregon State Grange Bulletin

Official publication of the
 Oregon State Grange since 1900

February/March 2024

Volume 124 Number 1

Published by the

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Members:
 Minimum annual dues of \$45 includes
 \$1.90 for 1-year subscription per Grange family

Non-members:
 \$40 per year/2 years \$75

U.S. POSTAGE
 PAID
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 PERMIT NO. 598

Creswell Members Wins National Photo Award

Carolyn Pettit, a member of Creswell Grange #496 in Lane County received second place in the Grange Family category of the National Grange photo contest. Carolyn's photo was taken after the members had put the Grange's Easter goodies together for Creswell Meals on Wheels. After the 'official' photo was taken, she asked everyone to just be silly, and took this photo for their memory book.

All the winning photos can be seen at: www.nationalgrange.org/national-grange-photography-showcase-2/



The 2024 categories are:

- Abandoned Buildings – farm structures, houses, outhouses, etc.
- Clouds – storms, sunsets, etc.
- Monuments – cemeteries, parks, roadside, etc.
- State, County, or Community Fairs

Deadline is September 1, 2024 and all photos must be entered electronically.

Below: Rabbit ears and other silliness showcased in this winning photo.

The Greatest Threat to Our Local Granges

We all have a part in the greatest threat to our Granges. Almost every Grange has a few people who are shouldering too much of the work of that Grange. You know them, or are them. They think to themselves "It's faster if I just do this myself". Over the years this burns them out, and then a small membership Grange does not have the belief that they can go on without that "core person".

The next portion of Grange members are willing to come and help with efforts and events, and waits to be told what to do. They know the core person will let them know when they are needed, and how they can help.

The majority of Grangers may not be aware of what it takes to put on the upcoming event, and wait to be asked. They may not always be available, but they are willing to help if they are asked.

You can see – we are all part of the Problem. But the great thing is that **we can also all be part of the solution!**

The Core Person can take the extra time it takes to ASK FOR HELP. Yes,

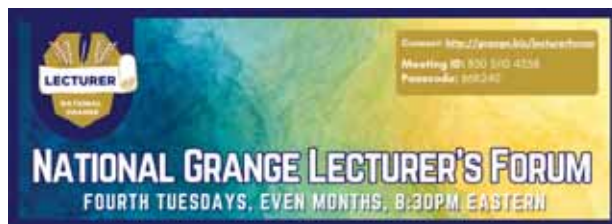
it will take longer, but it increases the member capabilities of the Grange, and, as habits take hold, reduces the burdens of the Core Person.

The Willing Worker can anticipate the needs of the Grange. Check in with the core person and ask "When should I come to help set-up?", "Can I pick up the Eggs for the Breakfast?", "How many dozen cookies should I make?", "Can I help decorate for the Holiday Event – When?". Be an active helper.

Less engaged Grangers can read the posters or communications from their Grange. Facebook posts, emails, and conversations will let you know about events you can attend, or inform your friends of Grange activities. Give helping out a try. Meet your Grange brothers and sisters and make friendships as you work together.

All of us can play a part in strengthening our Granges, Communities, and, as you know: "Many hands make light work".

Jay Sexton



The Lecturer's Column

Cookie Trupp
truppcookie@aol.com
Lecturer - Oregon State Grange

This fall I had the opportunity to attend the National Grange Convention without being part of the host committee. Courtney Gordon (District 2 Lecturer's Committee & personal assistant to the State Lecturer) accompanied me to National Grange in Niagara Falls, New York to be with talent winner, Harry Stayner from Spencer Creek Grange #855, Lane County, in November. Each state talent winner performs their talent as representative of their state. Each performance becomes a part of the Evening of Excellence held on Saturday evening of the National Convention.



Harry Stayner performing his song, "The Box" in the Evening of Excellence Program.

Harry did awesome wooing the audience playing his guitar and singing an ole time favorite song "The Box". He was a good ambassador for the Oregon State Grange and enjoyed talking and visiting with people from all over the country. He also took the 6th and 7th degrees while there. We were very pleased with Harry's presence and good positive spirit.

Thank you to all for the continued sponsorship of the Lecturer's Contests. The contests will all be listed in the upcoming **Contest, Awards, and Scholarship Booklet**. Start thinking now about which contests you are going to enter. Reminder that the entries can be sent with an-

other Grange member who will be attending State Convention if you are unable to be there in person. I will have a special prize for whom-ever enters the most categories.

I do want to share with everyone that this is my last year serving as your Oregon State Grange Lecturer. I have thoroughly enjoyed the last years and look forward to giving over the opportunity to another member to serve in this position. Thank you for all your support and encouraging words. I will forever cherish this experience as OSG Lecturer!



Above: After many trials and tribulations, the meal did get prepared and dinner was served

Springwater Players Creates a Thanksgiving Production



A family fun production was put on by the Springwater Players of Springwater Grange #263, Clackamas County, November 10 and 11 as a warmup to Thanksgiving. The production consisted of stories, songs and skits all against a background of a radio show. The lady of the house, played by Tami Guttridge, was following the directions given on the radio between acts to prepare her Thanksgiving turkey.

L: Jessie Jo Guttridge entertained the crowd with a song.



The Chaplain's Corner

Paula Herrick
vpbears@q.com
Chaplain - Oregon State Grange

The holiday season is behind us and we are starting a new year with new beginnings.

Jeremiah 29:11 tells us "God has a plan for everyone in the new year. We all need to focus on what we are meant to be. Many of us have major changes in our life that we have to deal with. It will take a lot of patience and prayers!"

"Change is the law of life and those who only look to the past or the present are certain to miss the future." John F. Kennedy. There is no denying change is hard. We need to remember the people around you may be fighting a battle you don't know about.

Stay Patient, Stay Kind and Love One Another!

In Memoriam

Boyd Bishop
Tigard #148

Pauline Hunter
Lowell #745

Rhonda Dhone
Gresham #270

Shawna Kast
Goldson #868

Annie Dickson
Clarkes #261

Robert "Bob" Ludi
Sunnyside #842

Jackie Dornon
McMinnville #31

Patsy Nester
Tigard #148

Cindy Driskill
Mapleton #584

Leon Price
Boulevard #389

John Grant
Tigard #148

Virginia Saito
Boulevard #389

Susan Hanscom
Eagle Point #664

Ann Snyder
Ash Butte #802

Ann Hayes
Hurricane Creek #608

Ron Spisso
Hope #269

Betty Huff
Ada #570

Marilyn Van Natta
Fern Hill #592

Annette Wanker
Redland #796



*Seen through the eyes of Faith,
we remember our Brothers and Sisters
not as ones dead,
they have only gone on before us through
the gates of the Grange above,
where dwells the Great Master of us all.*

Garfield to Hold Sale

Garfield Grange #317, Clackamas County will be holding an Indoor Yard Sale along with a fabric and sewing notions sale on February 23 and 24 from 9am to 4 pm.

Proceeds will enable the Grange to continue to give quilts to the Veterans Village, the VA Hospital and various other organizations that need them as well as pillowcases to the Blooming Boutique and Christmas stocking to many organizations.



Betty with the silver plate and ribbon given to her by the National Grange as the 1997 State Grange Women's Activity Director of the Year.

Bob Ludi, Oregon State Grange Foundation President Passes Away

The Oregon State Grange is saddened by the death of past State Officer and current Foundation President Robert (Bob) Ludi on Tuesday evening Jan 2. There was a Celebration of Life Service for Brother Bob on Monday, Jan. 15, 2024 at Rise City Church in Gresham. He is survived by his wife Sandi, current Flora of the Oregon State Grange, son Greg and his wife Staci and their three children Sage, Sutton and Henley, daughter Brianna, her husband Brennan and their son Nolan and one due in March.

Outstanding Young Couple in 1983-84. They were selected the National Grange Young Couple in



November 1984 and served a year on the National Youth Team. Bob served sixteen years as a state officer: Steward, Assistant Steward and a member of the Ex. Committee. In 2021 he was elected to the Oregon State Grange Foundation where he served as President.

Other Grange positions Bob held over the years included Master at The Sandy, Sunnyside and Boring-Damascus Granges, Clackamas County Deputy, and Clackamas County Pomona Master. He and Sandi served as Oregon State Grange Youth Co-Directors and later as State Membership Co-Directors. The family is currently members of Sunnyside Grange #842.

Memorials may be made in Bob's name to the:

Oregon State Grange Foundation
363 Union St NE
Salem OR 97301

Cards and notes can be sent to the family at:

18275 Myra Ct
Sandy OR 97055

Past State Pomona Moves On to the Grange Above

BettyLou (Elliott) Huff of Florence passed away peacefully on December 4, 2023, at the age of ninety-two. She was born on September 20, 1931, to Nobel and Violet Elliott in Cottage Grove, Oregon. She grew up on the family farm in the Row River area. Betty was preceded in death by her husband Harley Huff, Sr. for which Ada's Harley Huff Sr. Memorial Scholarship is given. Betty is survived by her sons Michael, Richard, Harley, Jr. and Steve Huff and her daughters Linda Pugh, Patricia King, Pamela Clark, stepson Bennett Huff; numerous grandchildren including Christy Pugh Webster and Heather Pugh Elliott, and great grandchildren Terry Elliott and Taylor Elliott; all members of Ada Grange.

Pomona in 1998 and serving until 2002. During her time as GWA Director she was selected to serve on the National Grange Committee of Women's Activity and was named the State Grange Women's Activity Director of the Year in 1997 by the National Grange.

But GWA wasn't her only Grange interest. She also served on the Oregon State Grange Youth, Membership, and Education committees over the years and was a member of the 1990 and 2005 Rosebud teams. In 1993, following the death of her husband Harley she started the Ada Grange Harley Huff, Sr. Memorial Scholarship.

A memorial for Betty will be held on February 11, 2024, at 2pm at the Ada Grange Hall, located at 82457 S. Canary Rd. southeast of Florence, Oregon. The family will furnish refreshments. In lieu of flowers, donations to the Harley Huff Sr. Memorial Scholarship in Betty's memory can be made. Please make checks payable to Ada Grange #570. Donations can be mailed to the Grange at PO Box 674, Florence, OR 97439.

Betty first joined Creswell Grange in 1965 and demitted in 1967 to Ada Grange #570 where she was a member for over 50 years. She held many offices during that time not only at Ada but in the Pomona Grange as well. She served as the Oregon State Grange Women's Activity Director for six years, from 1992-1998 before being elected Oregon State Grange

OSG Ag Fest Volunteers Needed

Oregon Ag Fest at the State Fairgrounds in Salem is on Saturday April 27th and Sunday April 28th this year.

The Oregon State Grange has a booth there where our volunteers help children plant marigold and tomato seedlings into small peat pots that kids take home. It is a fun experience and helps connect children with the growing of plants, and the friendliness of Grangers.



Saturday April 27th Shifts
8:30 AM – 11:30 AM
11:30 AM – 2:30 PM
2:30 PM – 5:00 PM

Sunday April 28th Shifts
12:30 PM – 3:00 PM
10:30 AM – 12:30 PM
3:00 PM – 5:30 PM

need work too hard, so please consider helping out at this celebration of Oregon Agriculture.

Email president@orgrange.org anytime, or phone 503-316-0106 Tues, Wed, or Thur. with your name, phone, address, and shift.

Each shift needs about 10 – 12 volunteers, and this year Jay Sexton and his wife Toni Hoyman will not be there every shift, as they are attending the Western Region Leadership Conference in Yakima, WA. It is very important that we get enough volunteers so that no one

Volunteers have free admission and parking, and can wander Ag Fest before or after their shift. Over 100 booths celebrate all aspects of Agriculture and this very family friendly event attracts over 20,000 visitors.

PLEASE VOLUNTEER!!



Oregon State Grange Welcomes Small Farmers at Conference

The Oregon State Grange has stepped up to be a GOLD sponsor of the Annual Oregon State University Small Farms Conference. Our booth and friendly volunteers tell over 900 attendees about the Grange, its history, its cooperative efforts helping rural communities, and the benefits of joining with your neighbors in Grange. The Small Farms Conference is on Saturday, February 17th, and offers many presentations, dis-

plays, and workshops during several sessions during the day.

The attendees at the conference are perfect prospects for Grange, and we can direct them to their local Grange and share contact information with them. All rural residents are welcome at the Grange, in our non-partisan, non-sectarian, face-to-face community space. We answer local needs together.



Above: June Colony, Oregon State Grange Agriculture Director with Nate Johnson, a member of Marys River Grange and co-owner of Sunbow Produce worked the Grange table at the at the 2023 OSU Small Farms conference.

The Agricultural Report



June Colony
grassjune@hotmail.com
Agriculture Director - Oregon State Grange

Now is the time to plan for an abundance of produce this summer and fall.



Oregon Gardeners Win at National

Joyce Parker, Springwater Grange #263, Clackamas County, received the first-place award in the adult division of the container garden category with her herb container garden.

Below: Joyce Parker's container herb gardens.



Suzy Ramm, Springwater Grange #263, Clackamas County, received the first-place award in the adult division of the Raised Bed gardens

The National Grange Garden Design Contest is designed to share gardening experiences, large or small, that connect Grangers to



the larger picture of agriculture, growing and nurturing plants for a variety of purposes. The National Grange Garden Design Contest is open to everyone. There are three divisions: Individual Junior Grange age, Individual Adult (age 14 +) and Group (all ages). There are also three categories: Container Garden, Raised Bed Garden and Ground Space Garden. Deadline for the National contest is September 1.

L: Suzy Ramm's raised bed gardens.



L-r: Courtney Nichols, Operations Coordinator of the Klamath-Lake County Food Bank receives the Grange check from Bonnie Sims, Secretary/Treasurer of Midland Grange.

Midland Grange Donates to the Food Bank

Midland Grange #781, Klamath County, wanted to make sure the people of Klamath County have food for the holidays. The Grange presented a check for \$150.00 to the Klamath-Lake County Food Bank.



Deaf Awareness and Family Health

Lilly Anderson
lillyinemeraldcity@gmail.com
OSG Deaf Awareness and Family Health Director

A Look at Blue Zones: What they are and how they work to help us live longer

Hello Grangers, in this issue we will take a look at Blue Zones around the world and discuss what benefits Blue Zones have to offer.

The concept of Blue Zones grew from demographic work where blue circles were drawn on a map highlighting villages with the highest concentration of centenarians. National Geographic explorer and journalist, Dan Buettner, and a team of scientists then used these techniques to identify five regions in the world with extraordinary longevity and vitality.

Region #1: In Sardinia, a village in the mountainous region of Ogliastra, Italy resides the longest-lived people in all of Italy, perhaps all of the world. This region consists primarily of rocky, sun-beaten terrain, cut with deep valleys that have never been suitable for large-scale farming. Over the centuries, shepherding offered the best profession, and it was one low in stress that required miles and miles of walking each day. Walking provides the type of low-intensity exercise that yields great cardiovascular benefits without the joint pounding injuries that result from long distance running. In Sardinia, the rate of centenarians exceeds America's by a factor of 30.

The Sardinian diet also plays a large role in increased longevity. Their diet is largely plant-based with an emphasis on beans, whole grains, and garden-fresh vegetables washed down with flavonoid-rich wine. Meat is eaten occasionally, usually at the family Sunday dinner, and the primary dairy products consumed are goat milk and cheeses from the local herds. A final protective factor appears to be attitude. In America, youth is celebrated, and aging is dreaded. In Sardinia there are no long-term care facilities. Younger generations feel an affectionate debt to the parents and grandparents that raised them. Is there a link between attitude and longevity? Absolutely! Seniors who live at home are more likely to receive better care and remain engaged longer.

Region #2: For nearly a millennium, the Pacific archipelago of **Okinawa**, 1000 miles from Tokyo, has maintained a reputation for extreme longevity and having one of the highest ratios of centenarians per population worldwide. The people of Okinawa still suffer from the same diseases that kill Americans, but at much lower rates.

The simplest way to imagine Okinawa is to picture it as a Japanese Hawaii, an exotic group of islands in a warm, temperate climate. One of the benefits of the temperate Okinawa climate is that people there are able to grow vegetables in their gardens all year long. This availability of fresh vegetables greatly reduces the need to pickle foods as they do in Japan's northern islands. In turn, this means an Okinawa diet of considerably less salt, and salt heavy diets that pickled foods contribute are known to cause high blood pressure which weakens cerebral arteries and causes micro tears that are precursors to stroke.

The dietary culture of Okinawa also includes the practice of '*hara hachi bu*', or only eating until one is 80% full. This provides benefits beyond just less calories. Reducing food consumption at each meal slows down the body's metabolism in a way that produces fewer damaging oxidants.

Region #3: The American Blue Zone is made up of some 9000 Seventh Day Adventists who live in and around **Loma Linda, California**, just 60 miles east of Los Angeles. For the past half century, members of this community, whose faith endorses healthy living, have participated in a ground-breaking health and dietary study of Californians over the age of twenty-five. As a group, they lead the nation in longest life expectancy. Despite its location in the smoggy orbit of greater Los Angeles, Loma Linda appears to be one of the few places in the United States where a Blue Zone has taken root. Seventh Day Adventists follow a faith that expressly discourages smoking, alcohol consumption, or eating meat as well as other rich foods and caffeinated drinks. These habits in moderation are also paired with a healthy respect for science and medical care. Loma Linda is also home to Loma Linda University and Medical Center, a modern facility whose physicians and researchers have played key roles in the Adventists Health Study that has collected a huge body of data on Adventist behaviors.

Blue Zone #4: Costa Rica-In 2002, population data revealed that men in Nicoya, Costa Rica seemed to be living longer than those in more developed countries around the world. In fact, a Costa Rican man at the age of 60 had about twice the chance of living to 90 than men living in the

QPR: QUESTION, PERSUADE, REFER.

A suicide prevention course

A program in which community members learn how to recognize when a person may be experiencing thoughts of suicide and how they can offer first aid assistance until more experienced help is available.

February 28, 2024

Winona Grange #271

8340 SW Seneca Street,
Tualatin, OR 97062

Register here for the
11:30-1PM Session

Register here for the
6:30-8PM Session

You can also register by visiting our website at:
www.tualatintogether.org
Questions? Contact: info@tualatintogether.org

United States, France or even Japan, despite the fact that Costa Rica spends only about 15% of what America does on health care.

Like the other regions, people in Costa Rica eat a diet that consists primarily of vegetables with meat in moderation. They also eat an abundance of fresh fruit, much of which is grown around their yards. One fruit commonly found in the Costa Rican diet is the maranon, a red-orange fruit with five times the vitamin C found in oranges and known to have protective qualities against certain types of cancers. The final dietary factor associated with Nicoya is the mineral content of the water. The hardness (calcium and magnesium content) is higher in Nicoya than anywhere else in Costa Rica, and it is believed this high calcium-rich water contributes to their longevity. The heart is a muscle, and all muscle contractions depend on calcium. Inadequate calcium leads to weak muscles, including the heart.

Blue Zone #5: Ikaria, Greece is a small island in the Aegean Sea, first investigated by National Geographic for the island's extraordinary longevity in 2010. Ikaria lies about 30 miles off the western coast of Turkey and in ancient times, was considered a health destination for the Greeks and Romans who came to soak in the hot mineral springs of the area.

Ikarians also eat a version of the Mediterranean diet rich in olive oil, vegetables, low in dairy and meat, with some alcohol daily. In addition to vegetables and some fruit, the

Ikarian diet also includes over 150 varieties of greens that grow wild in the area. Some of these greens contain more than ten times as many antioxidants as red wine. In the villages, they drink a "mountain tea" daily. This brew is made from whatever herbs or greens may happen to be in season, and these herbal teas show strong antioxidant properties and are rich sources of polyphenols. Additionally, most of these greens and herbs act as mild diuretics, so they help flush the body of natural waste products.

All of the Blue Zones have unique cultural and geographic features that lead to increased longevity. What can we glean from this? What factors can we borrow, what steps can we take to help us live our longest, best life? To begin with you can visit the Blue Zones website at www.bluezones.com and use the Vitality Compass to help you calculate your potential life expectancy at your current age and the number of extra years you can gain if you tweak some of your behaviors. The site also custom creates a list of suggestions to help you with your plan.

Join us next issue as we look at Blue Zone Projects across the state of Oregon and review the Blue Zone 9 Life Lessons that the Blue Zone research team developed to share their findings and help spread the health.

References:

Buettner, Dan (2008). The Blue Zones: 9 Lessons for living longer from the people who have lived the longest. National Geographic Partners, LLC., Washington, DC.



Veterans

Joanne and David McBride
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davidmcbride8@gmail.com
Oregon State Grange Veterans Directors

Community Service Involvement

Elizabeth "Liz" Dehne
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OSG Community Service/Involvement Director



Counties With the Most Veterans in Oregon

There are roughly 19 million veterans living in the U.S., according to data from the Department of Veterans Affairs. California, Texas, and Florida are home to the most veterans, and Wyoming, Vermont, and Washington D.C. home to the least. American veterans live in virtually all of the country's 3,142 counties.

County	WWII	Korean	Vietnam	Gulf War
1. Baker	66	183	898	621
2. Crook	56	232	1,078	1,107
3. Douglas	597	1,266	5,387	3,754
4. Curry	64	338	1,363	585
5. Coos	321	724	3,138	1,769
6. Grant	21	187	312	84
7. Lincoln	179	604	2,466	1,037
8. Wheeler	5	13	88	12
9. Josephine	304	961	3,611	2,182
10. Klamath	179	379	2,511	2,484
11. Sherman	3	18	56	60
12. Gilliam	0	25	93	33
13. Tillamook	79	252	1,144	621
14. Clatsop	46	292	1,474	1,599
15. Columbia	116	218	2,077	1,206
16. Morrow	48	73	349	200
17. Wallowa	15	47	254	161
18. Linn	350	728	3,720	3,654
19. Lake	17	35	327	172
20. Harney	2	24	327	89
21. Jackson	746	1,513	7,180	5,028
22. Wasco	49	165	787	741
23. Jefferson	37	160	708	443
24. Yamhill	173	729	2,689	3,398
25. Union	27	114	841	773
26. Deschutes	420	1,195	5,627	3,910
27. Lane	765	2,306	10,322	9,209
28. Polk	141	583	2,197	1,829
29. Umatilla	140	253	1,916	2,134
30. Malheur	62	231	667	614
31. Clackamas	967	1,555	9,776	9,353
32. Marion	562	1,564	7,162	7,195
33. Washington	905	2,159	9,499	13,942
34. Hood River	21	76	335	519
35. Benton	109	482	1,711	1,732
36. Multnomah	1,215	2,554	13,473	13,838

This list is compiled from Stacker of counties with the most veterans in Oregon using 2022 data from the U.S. Census Bureau. Counties are ranked by the highest percent of residents that are veterans based on the Census' 2020 5-year estimate.



Above: Several veterans enjoyed breakfast and conversation.

Goldson Serves Breakfast to Vets

On *Veteran's Day* in November, Goldson Grange #866, Lane County, honored their Veterans with a tasty breakfast of pancakes, eggs, bacon, sausage, biscuits and gravy and some yummy homemade desserts. All washed down with bot-

tomless coffee and hot cider. Even the rain didn't keep the Veterans from joining in on the celebration. Goldson volunteers had a great time cooking up and serving their honored guests.

Happy New Year:

It is that time of the year that we take stock of what we have accomplished in **2023**. Grangers should be taking **pride** in the activities and community service they **accomplished** in the Grange and their surrounding community. I hope that all those activities and community services were well recorded and ready to add in to the Community Service Report to be submitted to the Oregon State Grange office no later than **March 31, 2024**.

Forms and instructions are available on the Oregon State Grange Website

One of the many benefits of doing Community Service is it gets you out and involved in your neighborhood. This allows you to discover what is needed and how you can fill that need by living the **Grange**

Mission. You will meet new friends as well as gaining new members.

Remember:

Everything counts as volunteer hours when a Grange member works with another group for a common cause in partnership with the Grange and hours count when 2 or more Grangers work together on a community service project.

What does not count:

Grange Hall maintenance and meetings.

If you have any questions please don't hesitate to call or email me.

Looking forward to getting your Annual Community Service report. We would really like to see at least one representative from each Grange attend the state convention in Tillamook.



L-R: Chris Nolde, Redland Community Service chair, Carol Drudis-Swainson, coordinator of LoveOne food pantry and Redland Grange Master Georgene Barragan.

Redland Member Making a Difference

Carol Drudis-Swainson, a member of Redland Grange #796, Clackamas County, is appreciated by her community as she strives to make the Redland area a better place. She is involved with two local non-profits. LoveOne is a grass roots organization - their mission statement, Offering love, respect and dignity. One load of laundry at a time, One shower at a time, One meal at a time.

Every Thursday at the Grange hall, Carol is the coordinator of LoveOne's free food distribution, and she has partnered with the Clackamas Service Center and the Oregon Food Bank to ensure there is an adequate supply of food for the 300 people that are shopped for weekly.

She also regularly distributes food boxes to neighbors that have been

housed by Fathers Heart and LoveOne. This service is for folks that do not have the ability to access food pantries.

At the same time Carol coordinated to bring a free immunization clinic to the Grange hall with the help of Clackamas Volunteers in Medicine. It was such a great experience for Carol and the Grange, with many saying this helped make all the difference in their lives.

The other non-profit that Carol is involved with is the Pioneer Pantry where she is the coordinator. Carol shops for nutritious foods to supply breakfast, lunch, dinner and snacks, putting those items into bags for students in need. Currently 124 bags are filled weekly for the various Oregon City high schools.



Western Regional Grange Youth and Leaders Conference

April 25-28, 2024

**Terrace Heights Grange Hall
3701 Birchfield Avenue ~ Yakima, Washington**

Thursday, April 25

- 5:30 pm Registration Opens
- 7:30 pm Get Acquainted Activities

Friday, April 26

- Hospitality Open All Day
- Silent Auction Open All Day
- Breakfast on Your Own
- Registration Open
- 8:00 am Workshop #1 – “Preserving Your Grange Archives” – Heather Ferguson
- 8:30 am Workshop #1 – “Preserving Your Grange Archives” – Heather Ferguson
- 10:00 am Yakima Valley Bus Tour – Treveri Cellars and Bale Breaker Brewing Company Lunch provided by Treveri Cellars
- Alternative Activity – “Making Sourdough” and “Strawberry Freezer Jam”
- 4:00 pm Arrive back at the Terrace Heights Grange Hall
- 4:30 pm Workshop #2 – “Finding the Gaps: How to Create and Conduct a Community Needs Assessment” – Amanda Brozana Rios
- 6:00 pm Dinner
- 7:30 pm Workshop #3 – “Generational Differences” - Kent Hojem
- 8:30 pm Recreational Activities

Saturday, April 27

- Hospitality Open All Day
- Silent Auction Open All Day
- Breakfast on Your Own
- 8:00 am Agriculture Tour – Busses Leave at 8 am sharp – Kinsey Farms and Asparagus Processing Plant
- 12:00 pm Central Washington Ag Museum – sack lunch, walking tour of the museum and the Grange Library
- 2:30 pm Arrive back at the Terrace Heights Grange Hall
- 3:00 pm Workshop #4 – “Creating Sponsorship Opportunities for your Subordinate Grange” – Jesse Taylor
- Workshop #5 – “Career Paths in Agriculture” – Jamie Sackman
- 4:00 pm Workshop #6 – “Conflict Resolution”
- Workshop #7 – “Youth Fairs Panel Discussion”
- 5:30 pm Dinner
- 7:00 pm Impromptu Speaking, sponsored by the Washington State Grange Youth Department

Age Categories: Juniors (5-13 yrs.)
Youth (14-20 yrs.)
Young Adult (21-30 yrs.)
Youth Alumni (31 and over)

Live Auction (to support the Western Region's National Convention Host Fund)

Silent Auction Closes at the end of the Live Auction

- 8:30 pm Contra Dance Presentation with Group Participation – Broadway Grange Contra Dancers

Sunday, April 28

- 8:00 am Hospitality Open
- 9:00 am Worship Service – Carolyn Hojem, Washington State Grange Chaplain
- 9:30 am Workshop #8 – “Making the Grange Legislative Process Work for You” – Jesse Taylor
- 10:30 am Wrap Up, Evaluation, Invitation for 2025

Lodging

Lodging is available at several hotels in Yakima. Conference attendees should make their own reservations. Below is a list of hotel facilities. Feel free to check out these hotels online.

- Oxford Suites, 1701 E Yakima Avenue, Yakima, 509-457-9000
- Baymont by Wyndham, 1603 E Yakima Avenue, Yakima, 509-654-9168
- Best Western Ahtanum Inn, 2408 Rudkin Road, Yakima, 509-248-9700

- Super 8, 2605 Rudkin Road, Union Gap, 509-654-9371
- Holiday Inn, 802 E Yakima Avenue, Yakima, 509-494-7000
- Comfort Suites, 3702CFru9itvale Blvd, Yakima, 509-249-1900
- Red Lion Yakima Center, 607 E Yakima Avenue, Yakima, 509-248-5900
- Fairfield Inn & Suites, 137 N Fair Avenue, Yakima, 509-452-3100
- Hilton Garden Inn Yakima Downtown, 401 E Yakima Avenue, Yakima, 509-454-1111

Camping

Camping is available at the Yakima Sportsman State Park. This is one-half mile from the Grange Hall. We will provide shuttle service from the campground to the hotel throughout the weekend. Telephone 509-575-2774 or email: Yakima.sportsman@parks.wa.gov

Air Transportation

Yakima – Alaska Airlines has 1-2 daily flights to Seattle. We will provide shuttle from the airport.

TriCities (Pasco) – Allegiant, Avelo, Alasks, American, Delt, and United Airlines all serve Pasco, a one-hour drive to Yakima. We will provide shuttle service to Yakima.

Conference Registration Fee

There is a \$35 registration fee per person for the conference. This will include lunch and dinner on both Friday and Saturday, both tours, and workshop materials. Registration must be received by April 15. Watch Facebook and the March Election issue of the Bulletin for registration information. Registration will likely be available online also. Keep an eye open for details.

Workshop Presenters

“Finding the Gaps: How to Create and Conduct a Community Needs Assessment”

Amanda Brozana Rios is the National Grange Membership and Leadership Development Director and Grange Foundation Associate. She is enrolled in a doctoral program at the University of Mississippi focused on community leadership and higher education and is an active member of Jefferson Grange #1384 (PA) as Secretary and Potomac Grange #1 (DC) as Lecturer.

“Creating Sponsorship Opportunities for your Subordinate Grange”

“Making the Grange Legislative Process Work for You”

Jesse Taylor – Legislative Lobbyist for the Washington State Grange

“Preserving Your Grange Archives”

Heather Ferguson is both the Junior Grange Activities Director and Community Service Director for the Washington State Grange. A lifelong Granger, she is a member of Waitsburg Grange #1 and has a background in museums and history.

“Generational Differences”

Kent Hojem is the retired manager of the Washington State Fair. He is a member of Newaukum Grange #198 and is celebrating 40 years of Grange membership. His wife is the current Washington State Chaplain.



Join the National Grange's Birthday Club!

By Katie Squire, Communication Fellow, originally published in the Patrons Chain

Did you know that over 58% of the greeting cards sold annually are birthday wishes? How many of us take advantage of a “birthday month” discount or free dessert? Even those of us who have sworn off counting years still like to be remembered on our birthday.

To that end, National Grange Membership and Leadership Director Amanda Brozana-Rios introduced The Birthday Club to those in attendance at the 157th National Grange Session this year in Niagara Falls, New York. “We’re a family, and in families, standard practice is to acknowledge birthdays

and other milestones, so this just makes sense,” Brozana Rios said.

Members are encouraged to join by providing their name, email address, and birthdate. During the year, an electronic birthday card will be sent, in time for their birthday, to participants wishing them a happy birthday and to remind them they are valued as a member by the National Grange. Even better, Granges can submit the information for members to receive their card as a surprise!

If you would like to join or submit names for The Birthday Club, please visit: <http://grange.biz/birthdayclub>

"Trees, Cheese and Ocean Breeze" 2024 State Grange Convention

The 151st Oregon State Grange Convention will be held at the Tillamook County Fairgrounds June 15th through the 20th, 2024. OSG's District #3, made up of Clatsop, Columbia, Tillamook, Washington and Yamhill Counties are the hosts for the 2024 State Convention.

Volunteers Needed

5th Degree Team

Teresa Cernac is organizing the 5th degree team and will be asking members to help. There are speaking parts and non-speaking parts available. Plans are to have one or two practices before Sunday afternoon June 16th. If you plan to attend the session in Tillamook, please volunteer to help. No experience needed. Urge your members who have not received the 5th Degree to do so on the 16th.

Rosebud Team

District 3 urgently needs youth and young adults for the 6th Degree Rosebud team. Both ladies and gentlemen are encouraged to volunteer to perform this beautiful part of the 6th Degree. Stacy Brown will be designing the drill. All dresses and shirts will be paid for from District funds. Plans are to have two or three practices before arriving at Tillamook. The 6th Degree will be on Sunday evening June 16th. Please pass the word to see if anyone is interested in taking part. Urge your members who have not received the 6th to do so on the 16th.

Memorial Team

The Memorial Team may still have a couple of openings for the team that will perform on Monday morning, June 17th. If you know of anyone who would like to take part, please let the District 3 hosting committee know.

Host Granges

A questionnaire has been mailed to all the Granges in the District. Please send the filled-out document to Marilyn Reiher no later than February 20 so she can compile the information for the April Bulletin.

District 3 Hosting Committee

Eva Frost
503-816-8904
evafrost1038@comcast.net

Marilyn Reiher
503-430-8582
m_reiher@comcast.net

Carol Everman
503-556-3376
everman@opusnet.com

Oregon State Grange Convention Lodging

Tillamook County Fairgrounds ~ 4603 3rd Street ~ Tillamook 97141

On Site

Call the fairgrounds at 503-842-2272 to reserve a full hookup or pitch a tent. You must pay the fairgrounds before you arrive.

- Full hookups with power and water are \$30 per day.
- Dry camping or pitching a tent is \$20 per day, which includes use of the fairground's toilets and showers.
- Dogs can be in the camping area if controlled and on a leash. They are not allowed in buildings.

Motels

There aren't many choices. Booking agencies like Hotels.com, Expedia, Travelocity, or Trip advisor may offer a better rate.

Don't delay! Reserve today!

Tillamook Inn, 2515 Main Avenue North, 3.9 miles from Fairgrounds. This former Shilo Inn is being completely renovated, which will address its bad reviews; 503-842-7971; \$189 for 2 queens; \$199 with kitchenette; call the hotel and ask for the Grange rate for either queen or king room of \$119 plus tax.

Ashley Inn, 1722 Makinster Road, 4.3 miles; 503-994-5500; \$163-\$173.

Western Royal Inn, 1125 Main Ave N, 2.4 Miles; 503-842-8844; \$85.

Terimore Lodging, 5105 Crab Avenue West, Tillamook, 8.7 miles; 510-629-6758; \$233-273.

Garibaldi Inn at the Bay, 227 Garibaldi Avenue, Garibaldi, 11.9 miles; 503-322-2552; \$161-191.

Hotel Garibaldi, 502 Garibaldi Avenue, Garibaldi, 12.5 miles; 503-322-3338; \$204-234.

Harborview Inn & RV Park, 302 South 7th Street, Garibaldi, 12.4 miles; 503-322-3251; \$69-82.

Cape Lookout State Park, 13000 Whiskey Creek Rd, Tillamook, 12.4 miles; oregonstateparks.reserveamerica.com/camping/cape-lookout-state-park/, 13 yurts and 6 cabins; \$58-68 and \$101-111.

Rentals

Airbnb www.airbnb.com/ lists a thousand homes, cottages, and condos; check the map to be sure they aren't in Brookings or Canada.

Vacasa www.vacasa.com/ has filters to show only the number of beds, baths, and amenities you want within your price range.



The Oregon State Grange Foundation is pleased to announce that starting in 2024 the foundation will be offering a new scholarship: the **Louise Angela Holst Memorial Scholarship** established in Louise's memory by Phillip Van Buren.

The scholarship application deadline will be May 1 and the first recipient will be announced at the annual Foundation Meeting at the Oregon State Grange Convention in June.

Fraternal Concerns Fund

This scholarship will be given to an active member with at least 5 years of active membership including time as a Junior Granger; who is between 16-40 years of age and enrolled in any advanced education including 2-year programs, 4-year college or a vocational school. The scholarship amount will be \$500 dollars.

The selection criteria:

- Need of the applicant
- Grange involvement
- Community involvement
- Completeness and neatness of the application

The Oregon State Grange Foundation has a fund that assists Grange members with a "property casualty loss." If you know a Grange member who has suffered a recent loss of their home or had a major property loss due to a house fire, flood, wind (tree(s) falling on it); please send their names to OSG Foundation with their address and what Grange they are a member of and a description of their loss. The Foundation will tabulate the names and use the Fraternal Concerns Fund to provide monetary assistance to these members.



L-r: OSG President Jay Sexton, OSG Steward Phil Van Buren and OSG Foundation Vice President Dean High at the December 16, 2023 Foundation meeting. Brother Phil presented the foundation with a check for \$10,000 to fund the Louise Angela Holst Memorial Scholarship.

Vrbo www.vrbo.com/ displays the distance from downtown Tillamook to the property at the top of each listing.

Off-site Camping

Tillamook Coast RV Park, 85 3rd Street, 3.5 miles; 503-457-7881; \$50.00 per night; \$35 for tents.

Tillamook RV Park, 1950 Suppress Rd N, 4.7 miles; 503-354-5162; \$60.00 per night; \$40 for tents.

Netarts Bay Garden RV Resorts, 2260 Bilyeu St, Tillamook, 8 miles; 503-842-7774; Bay view \$60 per night, park view \$55.

Oregon Granges Celebrated the Holidays



Morning Star Hosts Toy Drive

Saturday December 16 Morning Star Grange #311, Linn County, held a Toy Drive for area children. In addition to the toys donated the Grange purchased toys and games with money raised from donations from Grange members and other community members. There was a total of nine tables displaying toys, games and books from which families could choose. Some specially selected for special needs children.

Other activities available at the Grange hall included face painting, coloring, crafts and of course Santa Clause made an appearance. 101 children from 48 families participated in the event.



L: David Solomon aka Santa listens to a child.



Above: Howard Miller, Molalla Grange member, volunteered as an elf for the Molalla Fire Department Operation Santa Parades.

Molalla Grange Member Rides the Fire Truck as an Elf

Howard Miller, an active member of Molalla Grange #310, Clackamas County, volunteered as an elf to ride in the Molalla Fire Department's Operation Santa Parades on December 1st, 2nd and 3rd. Each night the parade covered a different area of the town.

The parade is an area food drive, this year they were able to collect enough food to be able to fill three trailers of food for the Molalla area Food Pantry.

Goshen Host Open House

Goshen Grange #___, Lane County, hosted their Christmas Party and Open House on December 10th. They welcomed about 30 members and visitors. to the Goshen Grange. from 2 until 4 pm. Members passed out bags of Christmas cookies and treats to those in attendance.

Perfect attendance and a Golden Sheaf Certificate were presented to some of those who attended the open house.

R: Grange President Linda Wetzell presented Emily Russell with her Golden Sheaf Certificate recognizing 50 years of continuous Grange membership.



Left l-r: Eight Goshen members were recognized for "Perfect Attendance" for 2023 Grange meetings. The awards included a \$20. Gift Card. Brenda Hassler, Gabby Bray, Steve Predoehl, Stan Garboden, Sheri Bray, Daniel Bray, Beth Bray, and Linda Wetzell.



The largest crowd ever, or at least since COVID enjoyed Springwater's holiday breakfast.

Santa Came to Springwater's Breakfast

On Saturday December 2, Santa along with Mrs. Claus and one of his elves, visited Springwater Grange #263, Clackamas County for their special holiday 1st Saturday breakfast. Tables were set in the main hall and decorated in a Winter Wonderland theme.

Santa and Mrs. Claus were visited by many children and even some adults. Parents took the opportunity to take photos of their children with Santa and a community family came to breakfast dressed in their PJs to take their Christmas picture with Santa. Live Christmas music for the diner's enjoyment was provided by Grange musician, Kathleen Souders.

R: Santa (OSG Lobbyist John DeHaas) hears a young man's Christmas wishes.



Oregon Granges Celebrated the Holidays



Picture above includes: the prep, cooking, decoration, and clean-up crew around Helga's beautiful "Winter Wonderland".

Winter Solstice Brunch at Ashland's Bellview Grange

Bellview Grange #759, Jackson County, held a 2023 Solstice brunch and birthday party Helga Motley, a long time Grange member.

R: Paul Sheldon doing a singing, dancing birthday song for Helga.



Above: State President Jay Sexton shows off the spread of food that greeted guests.

Oregon State Grange Holds Annual Open House

The Oregon State Grange held its Holiday open house at the state Grange headquarters in Salem on Saturday December 9th. About forty Grangers stopped by to say hi, see the headquarters building and enjoy some good food and fellowship.



Santiam Valley Holds Events for Families

The children had a ball when Santa came to the Santiam Valley Grange #828, Linn County, on December 13th to hand out stockings stuffed to the brim. Crafts and activities, cookies and hot chocolate were available to all. Each family received a Gingerbread House kit.

The Grange's 2nd Annual Free Christmas Maze was opened on the 13th and then again on the 15th-17th which was a huge success.



Above: Santa and a very young child check out the Christmas presents.

Fern Hill Grange: Where the Fern Hill Community Gets Together

During the recent holiday season, Fern Hill Grange #592, Columbia County, hosted a festive Sunday afternoon gathering with pie, beverages, raffle baskets, and door prizes.

In November and December, Grange members collected food for the local food pantry's Holiday Baskets and warm clothing for the local public utility district's Warming Tree. Cash donations are also collected to support these two community services.



Friends and neighbors gathered at Walterville Grange, enjoying great food and great company.

Holiday Dinner and Open House at Walterville Grange

Walterville Grange #416, Lane County, hosted their annual Holiday Dinner and Open House on Tuesday, December 12th. They had nearly 100 guests who joined the members for turkey, ham, mashed potatoes, gravy, stuffing, sweet potatoes and green beans.

The crowd was entertained by Donald Inglese on drums and Sean Gley playing the trumpet. The Grange gave 25 year pins to Jeff and Liz Dehne and Tim and Dani Wright marking 25 years of continius Grange membership. An award for Volunteers of the Year went to the Up River Food Pantry. Drawings for poinsettias were held and Santa arrived. It was a marvelous evening for friends and neighbors to see one another and enjoy great food.



GWA

Susan Noah
susannoah6@gmail.com
OSG Grange Workers Activities Director

Happy New Year!

As we move forward into the new year, we all set goals for ourselves and our Granges. Information from our garbage service included just one more item to add to our goals and that is to Reduce, Reuse and Recycle. Several years ago, the Oregon State Grange adopted a resolution to promote sustainable products for our meals served at State Session. Since then, we have been trying to use either products that can be compostable or even better, actual ceramic dishes and flatware that can be washed and reused. Every little bit helps!

According to the publication we received from Sanipac, (a Lane County recycling and solid waste service provider) Lane County citizens and businesses recycle over 500 million pounds of material each year. Because these materials will be used in manufacturing instead of mining or harvesting raw materials, we reduce energy use and pollution at a rate equivalent to taking 139,995 cars off the road for a whole year! (data provided by EPA WARM model)

Most of us probably recycle as much as we comfortably can. Taking care to read instructions from your recycler will make sure that whatever you do makes the most and best impact on the environment. According to most recycling information these are the items that can easily and effectively be recycled.

- Flattened cardboard boxes and egg cartons- no frozen food packaging, gable top cartons or waxed cardboard.
- Newspapers, magazines, junk mail, office paper, and paper scrap – clean paper only
- Plastic jugs, bottles and jars – All #1 & #2 plastics in the shape of a bottle, jug or jar that is larger than a tennis ball. Empty and rise all con-

tainers, no lids or pumps.

- Pop cans and food cans – empty and rinse all cans, no food or liquid residue and no lids

Make sure that your Grange has recycle bins which are labeled for appropriate contents to make it easy for renters and others to also be good stewards of our environment.

Lastly, join with others and be a part of the solution to stop food waste. As part of the farming community, we all know how important our food chain is. An estimated 40% of all food produced or imported for consumption in the US is never eaten. Learn more about reducing food waste at *Don't Let Good Food Go Bad*. (dontletgoodfoodgobad.org) It gives tips for saving resources, saving money and saving time by paying attention to what we purchase, how often we purchase and how we store our food. And if you are interested in home composting, OSU Extension Service offers home composting workshops in some areas, with many articles listed on their website dealing with all aspects of home composting.

A recycling program at the Grange for the entire community would be a great idea, start by asking your local waste management services to help out, invite your neighbors and Grange members and make it an R & R (& R) party! Also, remember that the OSG GWA department has a Recycle category in the crafts section. Take something you would normally discard and use your imagination. You may use wood, plastic or metal.

It's a new year, set your goals to help yourself, your Grange and our planet by Reducing, Reusing and Recycling!



A nice crowd enjoyed North End's annual chile and dessert auction.

Grange Insurance Association Seattle, Washington



Notice Of 2024 Annual Policyholders' Meeting

The Annual Policyholders' meeting of the Grange Insurance Association will be held on Monday, March 18, 2024 at 10:00 a.m. at Grange Insurance Association, 200 Cedar Street, Seattle, Washington 98121.

All Grange Insurance Association policyholders are welcome to attend.

Signed at Seattle, Washington this 11th day of January 2024.

Brian J. Allen, CPCU, ARM, AFIS
Corporate Secretary
Grange Insurance Association

Upcoming Dates/Deadlines

March 1	Candidate acceptance and statements for Oregon State Grange Officers must arrive at the state office by 5pm
	Deadline for first 2024 Matching Grange applications. Must be post marked by March 1 or if emailing, completed application must arrive by March 1 at the State Grange office.
	Deadline for the GIA Scholarship and Ernestine "Ernie" Keiser Memorial Scholarship
March 31	2023 Honor Grange Applications must be postmarked and sent to the State Grange Office
	State Community Service Reports due. Send to the state Grange office, post marked by March 31.
April 1-30	Grange Month – "Grange Strong: Rooted. Resilient. United."
April 15	Deadline to email Deaf Awareness Project Grant application to the State office - office@orgrange.org
April 17	Resolutions for this year's state convention from Subordinate/Community Granges <u>must arrive</u> in the State Grange office no later than April 17.
April 25-28	Western Regional Leadership Conference - Terrace Heights Grange hall, Yakima, Washington
April 27-28	Oregon Ag Fest - Oregon State Fairgrounds, Salem – Volunteers needed
April 30	1 st Quarter Report due to the state Grange office
April 30	Deadline for state Youth Officer applications
May 1	Oregon State Grange and Foundation Scholarship applications must be postmarked no later than May 1
May 5	Community/Subordinate Grange Certified Ballot for State Officers must arrive at state office by 5pm
June 15-20,	Oregon State Grange Convention District 3 - Tillamook County Fairgrounds

North End Holds Benefit Auction

On December 10 the North End Grange #820 Grange in Flora held their annual chili feed and dessert auction. As usual the event was well attended, with visitors coming from far away including the towns of Troy, Joseph and Enterprise. Even the cold and snow at the higher elevations couldn't keep the folks away, especially since this year's fundraiser was dedicated to a young family of four who had recently lost their home in a fire.

The generous lunch consisting of chili, hot or regular, with all the usual toppings, corn breads, and plenty of different desserts, was just the beginning.

Then followed the auction, called very professionally by Stanley Cannon, with Master Don Mallory and Larry Bacon acting as spotters and Sandy Mallory keeping track of all sales and collecting funds afterwards. It was fast, lively, and great success!

2024-2026 Oregon State Grange Officer Nominations

The Oregon State Grange elects officers in even years. Below are the **names of the members** who were nominated for offices by Subordinate/Community Granges followed by **their primary Grange and number** and the **Granges who nominated them**. To accept a nomination for an office, nominees must file a written statement (and optionally a current [5 years old or less] photograph) with the State Grange office no later than 5 pm on March 1. No member may be a candidate for more than one office. Statements and pictures will be published in a special election issue of the Grange Bulletin that will be mailed in mid-March. Subordinate/Community Granges shall vote on State Officers at any regular meeting in April and send their results to the State Grange office no later than May 5. An Election Committee will tabulate the votes, and the results will be published in the June Bulletin.

President

Jay Sexton - Willamette #52

Harding #122, Santiam Valley #828, Molalla #310, Warren #536, Springwater #263, Abernethy #346, Hurricane Creek #608, Sunnyside #842, Redland #796

Jim J Dumolt - Clarkes #261

Willamette #52, Clarkes #261, Spencer Creek #855, Creswell #496, Crow #450

Riley Reynolds - Santiam Valley #828

Marys River #685

Susan Noah - Mohawk McKenzie #747

Midland #781

John Fine - Riversdale #731

Beavercreek #276

Vice President

Steve Kroeker - Crow #450

Molalla #310, Abernethy #346, Midland #781, Forest Grove #282, Hurricane Creek #608, Beavercreek #276, Spencer Creek #855, Sunnyside #842, Mohawk-McKenzie #747, Creswell #496, Crow #450

Alice Nowicki - London #937

Warren #536

Mark Noah - Mohawk McKenzie #747

Willamette #52

Jim J Dumolt - Clarkes #261

Springwater #263

Jessie Jo Guttridge - Springwater #263

Marys River #685

Lecturer

Tammy Phillips - Illinois Valley #370

Illinois Valley #370

Susan Noah - Mohawk McKenzie #747

Santiam Valley #828

Cookie Trupp - Spencer Creek #855

Molalla #310, Jasper #532, Marys River #685, Abernethy #346, Hurricane Creek #608, Beavercreek #276

Courtney Gordon - Spencer Creek #855

Warren #536, Forest Grove #282

Susie Kroeker - Crow #450

Willamette #52, Springwater #263, Spencer Creek #855, Mohawk-McKenzie #747,

Teresa Cernac - Warner #536

Midland #781

Steward

Gary Dumolt - Beavercreek #276

Molalla #310

Alex Coe - Phoenix #779

Warren #536

Lexie Suing - Crow #450

Willamette #52, Marys River #685, Clarkes #261, Creswell #496, Crow #450

Phil Van Buren - Jasper #532

Jasper #532, Abernethy #346, Midland #781, Hurricane Creek #608, Beavercreek #276, Mohawk-McKenzie #747

Mark Noah - Mohawk McKenzie #747

Springwater #263

Patrick Dearth - Creswell #496

Forest Grove #282, Spencer Creek #855

Asst. Steward

John Fine - Riversdale #731

Santiam Valley #828, Forest Grove #282

Jim J Dumolt - Clarkes #261

Molalla #310, Warren #536, Marys River #685, Abernethy #346, Clarkes #261, Midland #781, Hurricane Creek #608, Beavercreek #276, Sunnyside #842, Mohawk-McKenzie #747

Steve Kroeker - Crow #450

Willamette #52, Springwater #263

Alex Coe - Phoenix #779

Spencer Creek #855

Lady Asst. Steward

Stacy Brown - Forest Grove #282

Santiam Valley #828, Molalla #310, Warren #536, Willamette #52, Springwater #263, Marys River #685, Abernethy #346, Clarkes #261, Washington #313, Midland #781, Forest Grove #282, Hurricane Creek #608, Beavercreek #276, Spencer Creek #855, Sunnyside #842, Mohawk-McKenzie #747, Crow #450

Connie Suing - Crow #450

Creswell #496

Chaplain

Dan LeBrun - Eagle Creek #297

Eagle Creek #297, Garfield #317

Paula Herrick - Waltherville #416

Santiam Valley #828, Springwater #263, Abernethy #346, Beavercreek #276, Mohawk-McKenzie #747, Creswell #496

Cookie Trupp - Spencer Creek #855

Warren #536, Midland #781, Forest Grove #282

Tim Dehne - Lacomb #907

Willamette #52

Alex Coe - Phoenix #779

Riversdale #731

Gail Wilson - White Eagle #683

Hurricane Creek #608

Priscilla Phillips - Creswell #496

Crow #450

Treasurer

Sonny Hays-Eberts - Marys River #685

Santiam Valley #828, Molalla #310, Warren #536, Willamette #52, Springwater #263, Marys River #685, Abernethy #346, Midland #781, Forest Grove #282, Beavercreek #276, Spencer Creek #855, Mohawk-McKenzie #747, Creswell #496, Crow #450

Wayne Cabler - Central Point #698

Hurricane Creek #608

Secretary

Sarah Jenkins - Warner #117

Molalla #310, Warren #536, Springwater #263, Marys River #685, Abernethy #346, Midland #781, Forest Grove #282, Hur-

ricane Creek #608, Beavercreek

#276, Spencer Creek #855, Sunnyside #842, Mohawk-McKenzie #747, Creswell #496, Crow #450

Teresa Cernac - Warren #536

Willamette #52

Gatekeeper

David McBride - Hurricane Creek #608

Molalla #310, Jasper #532, Springwater #263, Abernethy #346, Midland #781, Forest Grove #282, Beavercreek #276, Spencer Creek #855, Mohawk-McKenzie #747

Joyce Parker - Springwater #263

Warren #536

Patrick Dearth - Creswell #496

Willamette #52, Marys River #685, Creswell #496, Crow #450

Ceres

Jessie Jo Guttridge - Springwater #263

Molalla #310, Warren #536, Abernethy #346, Forest Grove #282, Hurricane Creek #608, Beavercreek #276, Spencer Creek #855, Redland #796, Crow #450

Alice Nowicki - London #937

Willamette #52

Linda Helm - Phoenix #779

Marys River #685

Connie Suing - Crow #450

Midland #781

Breanna Hays-McKay - Abernethy #346

Mohawk-McKenzie #747

Pomona

Linda Helm - Phoenix #779

Central Point #698, Abernethy #346, Beavercreek #276, Mohawk-McKenzie #747

Roberta O'Dell - Santiam Valley #828

Santiam Valley #828

Breanna Hays-McKay - Abernethy #346

Warren #536, Springwater #263

Cookie Trupp - Spencer Creek #855

Willamette #52

Courtney Gordon - Spencer Creek #855

Midland #781

Peggy Jillson - Irving #377

Forest Grove #282

Claudia Boswell - Hurricane Creek #608

Hurricane Creek #608

JC Junkman - Clarkes #261

Spencer Creek #855

Flora

Jessie Jo Guttridge - Springwater #263

Harding #122, Springwater #263, Midland #781

Sandi Ludi - Sunnyside #842

Molalla #310, Willamette #52, Jasper #532, Abernethy #346, Hurricane Creek #608, Beavercreek #276, Mohawk-McKenzie #747

JC Junkman - Clarkes #261

Warren #536

Connie Suing - Crow #450

Marys River #685

Christy Dumolt - Clarkes #261

Forest Grove #282, Spencer Creek #855, Crow #450

Ex Com Position #1

Susan Noah - Mohawk McKenzie #747

Molalla #310, Warren #536, Willamette #52, Jasper #532, Marys River #685, Abernethy #346, Hurricane Creek #608, Beavercreek #276, Spencer Creek #855, Mohawk-McKenzie #747, Creswell #496, Crow #450

Linda Helm - Phoenix #779

Springwater #263, Midland #781

Jay Sexton - Willamette #52

Forest Grove #282

Ex Com Position #2

Sam Keator - Winona #271

McMinnville #31, Abernethy #346, Washington #313, Riversdale #731, Beavercreek #276

Joyce Parker - Springwater #263

Harding #122, Springwater #263, Clarkes #261, Midland #781, Sunnyside #842, Redland #796

Celia Fox - Boring-Damascus #260

Molalla #310, Warren #536, Jasper #532, Marys River #685, Forest Grove #282, Spencer Creek #855

Keri Schnetzky - Tigard #148

Willamette #52

Teresa Cernac - Warren #536

Hurricane Creek #68

Jeanie Force - Sunnyside #842

Mohawk-McKenzie #747

Eva Frost - Warren #536

Creswell #496

Ex Com Position #3

Phil Van Buren - Jasper #532

Santiam Valley #828, Springwater #263

Vickie High - Midland #781

Molalla #310, Willamette #52, Jasper #532, Marys River #685, Abernethy #346, Midland #781, Forest Grove #282, Riversdale #731, Spencer Creek #855, Mohawk-McKenzie #747, Creswell #496, Crow #450

David McBride - Hurricane Creek #608

Warren #536

Glenabell Lewis - Missouri Flat #612

Hurricane Creek #608

Roger Wilson - White Eagle #683

Beavercreek #276

Lacomb to Hold Swiss Steak Dinner

Lacomb Grange #907, Linn County, will hold their annual Swiss Steak Dinner on Saturday, February 17 from 5-7pm. Cost is \$10 per person including some wonderful desserts.

Raffle tickets will be available for some great prizes and all attending have chances at the door prizes.

Funds raised help the Grange with community service project and maintenance of the hall.



Government Affairs

John DeHaas
lobbyist@orgrange.org
 Lobbyist for the Oregon State Grange

Hello Grangers,

Here are the new laws taking effect in 2024. Please take time and get yourself knowledgeable in these changes. It may save you if something comes up.

These new laws in Oregon address various important issues and aim to improve public health, safety, housing, the economy, education, health-care, and the environment. One significant focus is on addressing the fentanyl crisis and addiction. The Hope and Recovery bill, also known as House Bill 2513, makes changes to the voter-approved Measure 110, which is the Drug Addiction Treatment and Recovery Act. This measure aims to speed up the approval process and disbursement of funds, centralize support hotlines, and improve data collection and accuracy.

Another law, Senate Bill 238, focuses on educating Oregon's youth about the dangers of fentanyl. It directs relevant authorities to develop curricula that teach students about the risks of synthetic opioids and the laws that provide immunity or other protections related to drug or alcohol use.

To prevent opioid overdose deaths, Senate Bill 1043 requires health-care and drug treatment facilities to provide two doses of opioid overdose reversal medicine and related supplies to patients upon discharge. This bill also establishes civil liability protections for those who administer opioid overdose medication to someone experiencing an overdose.

Recognizing the high prevalence of substance use disorders among individuals entering custody, Senate Bill 529 aims to increase access to addiction treatment while in custody. This bipartisan bill modifies procedures for accepting participants into alternative incarceration programs, requires intense addiction programs, and includes a range of treatment services.

In terms of public health and safety, Senate Bill 340 addresses organized retail theft. It increases penalties for individuals convicted of retail theft that amounts to at least \$5,000 in value and targets the same business or corporation over a six-month period. The bill was developed by the Organized Retail Crime Task Force, which includes industry and labor stakeholders affected by organized retail crime.

House Bill 3426 focuses on mental health support for first responders. It requires crisis hotline centers to

have policies and train staff on serving firefighters and other first responders.

Expanding Oregon's Driving Under the Influence of Intoxicants (DUI) laws, House Bill 2316 includes the influence of any impairing drugs in the offense. This amendment aims to ensure consistency in the treatment of DUI convictions.

In the housing sector, House Bill 2984 allows local governments to convert commercial buildings within the urban growth boundary to residential housing without requiring a zone change conditional use permit. This measure aims to address housing shortages and increase the availability of affordable housing.

To improve the financing of affordable housing, House Bill 2761 expands the Oregon Housing and Community Services' ability to finance certain housing development portions for households earning at or below 120% of the median area income.

In terms of the economy and child care, House Bill 2504 reduces barriers for international early childhood professionals to enter the workforce. It directs the Department of Early Learning and Care to develop standards and processes that facilitate their participation in the Oregon registry professional development system.

House Bill 3235 creates Oregon's first-ever state-based child tax credit, providing a fully refundable \$1,000 tax credit per child between the ages of 0 and 5 for families earning \$30,000 or less. This credit aims to put money back into families' pockets and benefit 55,000 children across Oregon, with a particular focus on rural communities and communities of color.

In the education sector, House Bill 3031 aims to improve air quality and eliminate airborne pathogens in schools by helping them receive federal funds to upgrade their HVAC systems and assess ventilation systems. The bill also requires the submission of ventilation and carbon dioxide level reports for review and implementation of recommended improvements.

Senate Bill 3 focuses on increasing students' financial literacy by adding half-credits for higher education and career path skills, as well as personal financial education, to graduation requirements starting in 2027.

In the healthcare sector, Senate Bill

Clackamas Pomona Grange Receives National Grassroots Advocacy In Action Award

The National Grange awarded Clackamas County Pomona Grange #1 with the inaugural Grassroots Advocacy In Action Award at the 157th Annual Convention in New York. The award is given by the National Grange Legislative Affairs Department to an outstanding individual or local Grange who has made exceptional grassroots advocacy action in the past year.

Clackamas Pomona received this award for their efforts in supporting the Clackamas County Soil and Water Conservation board to defeat SB775. The bill as written would have allowed counties with populations of 250,000 or more to elect their directors on local governing body of soil and water conservation district at-large no matter where in the district they reside. And while the bill was not defeated, efforts resulted in an amendment that required board directors to reside in the zone they represented.

Other actions recognized were:

- Clackamas County Pomona Grange #1, Oregon – candidate's forum
- Collinsville Grange #2264, Ohio – need for an AED
- Grantham Grange #968, North Carolina – political forum
- Harveys-Aleppo Grange #1444, Pennsylvania – meet your candidates

- Pleasant Ridge Grange #135, Kuna Grange #59 and Mica Flats Grange #436 in Idaho for the Idaho State Capital event
- Dave Roberts, Riverton Grange #169 in Connecticut

Any Grange across the country may enter this contest. Examples of the sorts of grassroots advocacy actions the National Grange is looking for include hosting events with elected officials (local or national), organizing letter-writing or phone-calling campaigns, or meeting with elected officials in your state capitol among other advocacy opportunities.



Above: OSG State President Jay Sexton presents Joyce Parker, Clackamas County Pomona Master, with the Grassroots Advocacy Award from the National Grange.



523 expands the number of institutions that can offer nursing degrees, particularly in rural Oregon. It allows community colleges to offer Bachelor of Science in Nursing degrees in addition to applied bachelor's degrees.

Senate Bill 1041 eliminates costs for medically necessary breast cancer diagnostic imaging tests and supplemental breast exams by requiring commercial insurance plans to cover these expenses. This measure aims to ensure that essential diagnostic tests are accessible to patients without imposing significant financial burdens.

In terms of the environment and wildfires, Senate Bill 543 bans the use of polystyrene foam containers and perfluoroalkyl substances (PFAS) in the sale of prepared food. This ban aims to address the negative environmental impact of polystyrene.

Senate Bill 82 protects homeowners impacted by wildfires by prohibiting insurance companies from canceling policies or increasing premiums based on the statewide wildfire risk map. The bill also improves transparency by requiring insurers to inform homeowners about ways to lower their premiums through home hardening or other wildfire mitigation measures.

To support firefighter apprenticeships, House Bill 2294 appropriates \$20 million to establish a grant program for firefighter apprenticeship training pilot projects. This initiative aims to enhance training opportunities for firefighters and improve their skills in combating wildfires.

Overall, these new laws in Oregon reflect a comprehensive approach to addressing various issues and improving the well-being of its residents.

Happy Trails



Attend National Grange Fly-In On Zoom

The Legislative staff of the National Grange is excited to be able to bring the work of the National Grange in Washington, DC, into your homes, offices, and Grange Halls this year! This is a FREE offering from the National Grange for all members and friends of the Grange. Feel free to share this information and invitation with potential Grange members.

Here's your chance to get the latest scoop on what's happening in Washington. Join the National Grange on Zoom on Monday, March 18 for a Virtual Fly-In and hear the latest about the public policy issues that affect rural and small-town residents.

Outstanding speakers will address these areas of interest and more:

- Updates from Congress
- Emerging agendas on Capitol Hill
- Continuing work on the Farm Bill

- Agriculture's environmental initiatives and climate change
- Rural Broadband expansion rollout
- Rural infrastructure
- Rural health care challenges

We look forward to seeing you on March 18th. We will begin the event at 1:30pm Eastern and wrap up by 4:30pm Eastern.

Prior to the Virtual Fly-In, registrants will also receive a file about working with your legislators' local offices to advocate for issues that you or your Grange have identified as priorities.

Even if you cannot attend "live," we encourage register so we can share videos and information from the Fly-In with you after the event is completed.

<https://form.jotform.com/230596256667165>



All Grangers are invited

OSG Legislative Forum Zoom Meeting

When: Wednesday, February 28 @ 7 pm PST
Wednesday March 27 @ 7 pm PDT
Where: Zoom

The OSG Legislative Committee will lead a discussion on current legislative issues, ballot measures and Grange resolution developing.

Contact: Legislative Director Mark Noah for login information
marknoah00@gmail.com



Legislative Update

Mark Noah
marknoah00@gmail.com
OSG Legislative Director



Two items on the old agenda this time: how did Oregon's resolutions do at National, and what to do about all of Oregon's sunseting policies next June? First, the sunseting stuff!

If you read your last Bulletin (December/January issue) then you know there are a lot of OSG legislative policies set to expire this year due to the 10-year-sunset resolution adopted by the delegates some years ago. Reauthorization requires that they be submitted as resolutions for the delegates to consider this June. Several could be combined, if they are related. The best approach is to skim through and note the policies that catch your attention and start with those. I know we'll have a lot of different interpretations of which policy is important enough to retain, so we should get pretty good coverage. **It is very important to note that rejection of a resolution, or non-renewal of a policy, does not constitute approval of the opposing view.** You can cut and paste language but please provide some current argument, a new Whereas, don't just say 'we had it then so we should keep it now'. If you would like the text of sunseting policies in a Word doc check with a Legislative Committee member or anyone who is on the Legislative Zoom email list. And if you're not on that list, let me know and you'll be added!

And now, National Grange actions on our resolutions. Many of you already know this but National Grange committees have a few more options than we do when dealing with resolutions. In addition to the usual Adopt, Amend and Adopt, or Reject, a resolution may be considered a State Issue and returned to the state that sent it; or it could be considered a duplication of existing policy in which case it is simply

labeled Current Policy and nothing else happens to the resolution.

There is one more option, which is to include all or part of the resolution in the committee's annual Policy Statement. National Grange committees issue a statement each year that is intended to highlight current priorities for the coming year. If a resolution is included here, it is a policy priority for the year but there is no guarantee that next year's committee will keep it in their Policy Statement. This is seen as a good way to address emerging issues or specific pieces of legislation currently, when the committee may have some concerns or reservations about making them permanent policies.

Oregon sent just 5 resolutions to the National convention this year. Our Ag-1, *Increase Agricultural Items Allowed for Farm Direct Marketing*, was labeled 123-OR and the committee referred it back to Oregon as a State Issue. Our resolution EH-5 (520-OR), *Medicare Coverage for Multi-Cancer Early Detection Screening*, was considered to be current National Grange policy. Our GO-5 (610-OR), *Disposition of Resolutions at National Grange*, earned a Favorable recommendation by the committee but the delegates debated it and eventually rejected the resolution. Our LE-9 (805-OR) *Supreme Court Code of Conduct* was covered in the Labor, Judiciary & Transportation annual policy statement by the sentence 'We applaud the Supreme Court on their adoption of the ethical code of conduct'. Our LE-10, *Responsible Use of Facial Recognition Software Tools*, earned a favorable recommendation by the Citizenship committee but after debate on the delegate floor it was rejected.

SPEAK LIKE A "CHAMP"

Speak like a "CHAMP" will be a monthly word or phrase designed to get everyone speaking the same language to build a positive message as we Grange.

"GRANGE STRONG!"

Grange Strong! is a powerful expression that embodies the strength, unity, pride, and resilience of the Grange. It reflects our collective power, shared values, and enduring spirit. This phrase signifies a commitment to supporting one another, facing challenges with resilience, and working together to achieve common goals.

Oregon Junior Grangers



Peggy Jillson
psjill@comcast.net
OSG Junior Director



New Year, New Opportunities

Just like grownup Grange, Junior Grange is what you make it! Children enjoy such a range of activities, from crafts to maintenance work like painting or gardening, game nights to bussing tables at a big fundraising event. If you're paying attention to making what we do fun for them, you'll enjoy the bonus of that positive outlook too. The 2024 Junior Program book from National Grange has some great ideas to build on.

Advocacy, for ourselves and for others, thrives in the Grange because that's where we started. Supporting our organization is one form of advocacy. Of course we try to keep up our halls and use them and our members in a tradition of community service, but don't forget the need to keep our story alive.

Many adults try to have an "elevator speech" about what the Grange is and why it's important. Please encourage your Juniors to do the same. It will help them speak up in any situation, and may lead them to public speaking contests in the Grange and elsewhere.

This year the National Grange has removed regional competition as a step to participate in public speaking and Sign-a-Song. Winners of any state contest are eligible to compete at the national convention

in November. As always, contestants are responsible for their own transportation and other expenses of travel, but Oregon Granges are eager to support you as you represent our state.

The writing and art contests at the national convention continue to be open to all comers from the Junior Grange. And Oregon's GWA and Lecturer contests offer cash prizes for the same work. Don't be shy about entering.

This year's Agricultural Awareness topic is corn. As a mainstay crop, corn feeds people and animals, provides the chemical ingredients for everything from biofuel to packing peanuts, and economic impacts that can rock the stock market or stock up a food truck. I'm eager to see what our Juniors make of this very American topic.

Building on advocacy, art, writing, and talent, Juniors are encouraged to learn about deaf culture, sign language, and ways to welcome deaf and hard-of-hearing people into our Granges and community life. But don't just leave it to the Juniors. We can all become more aware of deafness and help bridge the barriers.

Please plan to join the Juniors at the Oregon State Grange convention in Tillamook June 15-20.

National Junior Contest Winners

Two Oregon 1+Junior members received awards in the Creative Arts contest at National convention in November. They drew or painted a poster or flyer about the experience of being deaf or hard-of-hearing in your community.

Both had attended the Junior Week-end last August where the group toured the *Dogs For Better Lives* campus in Central Point which gave them inspiration for their art.



Above: Raelynn Thorp's entry.

L: Skylar Farson's entry.

Oregon Granges Recognized for Having 1+ Junior Members

National Grange Membership and Leadership Development Director Amanda Brozana Rios announced at the 2023 National Grange convention that all Granges in Oregon who reported a Junior 1+ member

or members received a red ribbon to celebrate their youngest members. 38 Granges have Junior members with a total of 103 1+ Junior members in the state.

Grange 1+JR Members

Abernethy	#346
Ada	#570
Ash Butte	#802
Brownsmead	#822
Central	#360
Clarks	#261
Columbia	#267
Columbia	#867
Creswell	#496
Crow	#450
Deer Creek	#371
Eagle Valley	#656
Elmira	#523
Fairmount	#252
Fernwood	#770
Forest Grove	#282
Hurricane Creek	#608
Illinois Valley	#370
Irving	#377

Grange 1+JR Members

Junction City	#744	3
Marys River	#685	13
Mohawk-Mckenzie	#747	2
Mt. Vernon	#659	2
Myrtle Creek	#442	4
North End	#820	2
Parkdale	#500	2
Phoenix	#779	2
Redland	#796	4
Redwood	#760	2
Rockford	#501	4
The Sandy	#392	1
Thurston	#853	3
Vernonia	#305	2
Walterville	#416	2
Warner	#117	1
Warren	#536	2
White Eagle	#683	1
Willamette	#52	2

Us Presidents Word Search Puzzle



Morningstar Grange Welcomes New Members to Start the Year

On January 9th 2024 Morningstar Grange #311, Linn County, provided the Welcoming Ceremony to five new members. They have two more waiting in the wings to receive the

ceremony and a couple more interested in joining the Grange. Attending the event were State President Jay Sexton and Linn County Pomona Master Jesse O'Dell.



L-r: New members Dave Solman, Denise, Carlos Acosta, Pomona Master Jesse O'Dell, Morningstar Grange Master Heather Decker, Kenny Rowe (in back), State Grange President Jay Sexton & Jim Beck.

Nationally Grange Continues Growth For the 2nd Year

By Carolynn Chamlee, Senior Communication Fellow, and Amanda Brozana Rios, NG Membership/Leadership Development Director
From an article originally published in Good Day! magazine, January 2024

Momentum is building across the nation as Granges are finding new ways to attract and retain members – evidenced by a second continuous year of Grange growth as reported at the 157th Annual National Grange Convention.

National Grange Membership and Leadership Development Director Amanda Brozana Rios made the announcement prior to the start of the session, declaring “Our future is so bright, we have to wear shades” as she passed out Grange-branded sunglasses to delegates and officers. She continued “I hope you look to the future and realize that being excited and enthusiastic about our growth is what is going to spur Granges at the local level to grow, too.”

According to Brozana Rios, membership numbers have increased in 15 states. All but one state in the Western Region experienced growth, and Hawaii chartered its first Grange in our history. Notably, Utah remains the only state without ever having a Grange.

According to Brozana Rios, Junior (+58.6%) and Family (+5.7%) memberships as well as Associate memberships (27.3%) experienced the largest growth. Despite the closure of more than 20 Granges, the total membership of Grange increased, with a starting count of 1,446 Granges and a concluding count of 1,421 Granges.

Brozana Rios said the second year of growth helps prove the point that people are looking for ways to get involved in their community while feeling supported in their own growth to their greatest potential. “We’re the right organization for many who want to grow, to expand their circle of friends of similar character and values and who want to feel good about what they are doing, giving and building in their hometowns,” Brozana Rios said.

Very specifically, though, Brozana focused on family and Junior membership as the cornerstones of the last two years of growth. “Families are looking for places to take their kids, and our Junior Grange program has been our key to growth across the country over the past two years,” she said.

Brozana Rios said that many new

members find the nonpartisan nature of the Grange highly appealing. “You can talk issues without arguing politics – and are expected to in Grange. In a polarized environment, Grange is good for the soul,” she said.

However, fraternal membership isn’t right for everyone, Brozana Rios stressed, yet there is still a place for them if they want to support the Grange. “For some people, timing is not right to join as a fraternal member, but they believe in what our Granges do and want to support our good work, so this is where Associate membership is a perfect fit in these cases. By offering Associate membership to these individuals, you are also offering a line of communication and a strengthened connection – a bridge that those individuals may one day cross from supporter to full fraternal membership.”

In March, Brozana Rios and special guests will host a Membership Matters Zoom at 8:30 p.m. on March 20 - the third Wednesday of the month, which is the normal day and time for these Zoom meetings - to discuss bylaws best practices and changes with a time for break-out sessions to talk about specific bylaw concerns.

Newly-elected National Grange President Chris Hamp said riding the wave is energizing. “A second consecutive year of membership growth is huge – in terms of momentum and perceived relevance. Our Granges continue to make their communities better places to live and provide value to their members. The positive energy gained through membership growth is contagious and exciting!”

She encouraged every Grange to celebrate this success and start with a positive attitude. “Everyone wants to play for a winning team,” Hamp said. “Membership growth means the Grange is winning! This momentum helps to shine the light on every single action and effort taken by every single Grange and Granger, and helps to illustrate how the Grange, working as a team, can achieve more – much, much more! I look forward to building on this momentum and watching the success and the size of our team grow exponentially. The Grange is indeed Grange Strong! The Grange is certainly Rooted. Resilient. United.”



Membership Matters

For Membership information contact:
State President Jay Sexton
president@orgrange.org



64 Oregon Granges Recognized for Net Gains in Membership

National Grange Membership and Leadership Development Director Amanda Brozana Rios announced at the 2023 National Grange convention that all Granges in Oregon who showed a net gain for the July 2022-June 2023 membership year received a blue ribbon celebrating their growth. Ribbons were brought home by State Grange President Jay Sexton and mailed out to the Granges before Christmas.

Brozana Rios said in 2024, she will

continue working with Granges and creating tools to enhance our member programs that help maintain growth. “People are actively seeking out opportunities to foster their skillsets and build social relationships. To sustain growth, innovation is vital. It’s essential to continue engaging existing members and investing in their education to ensure continued progress in membership numbers,” Brozana Rios said.

Grange	Net Gain	Grange	Net Gain
Creswell	#496 32	Junction City	#744 3
Willamette	#52 27	Live Oak	#655 3
Buell	#637 20	London	#937 3
Camas Valley	#521 16	Pleasant Grove	#475 3
Hope	#269 16	South Fork	#605 3
Little Deschutes	#939 12	Summit	#432 3
Columbia	#267 11	Azalea	#786 2
Marys River	#685 10	Coburg West Point	#535 2
Skyline	#894 10	Leedy	#339 2
Eagle Valley	#656 9	Netel	#410 2
Greenfield	#579 9	Rockwood	#323 2
Abernethy	#346 7	Ada	#570 1
Dorena	#835 6	Aloha	#773 1
Eagle Point	#664 6	Deer Creek	#371 1
Hurricane Creek	#608 6	Eagle Creek	#297 1
Natal	#302 6	Goldson	#868 1
Silverton	#748 6	Goshen	#561 1
Thurston	#853 6	Harding	#122 1
Triangle	#533 6	Maplewood	#662 1
Bridge	#730 5	McMinnville	#31 1
Enterprise	#489 5	Molalla	#310 1
Fairview	#273 5	Multnomah	#71 1
Oak Grove	#198 5	North End	#820 1
Siletz Valley	#558 5	Ramsey Park	#352 1
Irving	#377 4	Roxy Ann	#792 1
Lowell	#745 4	Sandlake	#546 1
Olney	#793 4	Scholls	#338 1
Rickreall	#671 4	Scotts Mills	#938 1
Spray	#940 4	Sixes	#856 1
Sunnyside	#842 4	Tigard	#148 1
Clarks	#261 3	Union Hill	#728 1
Hillshoro	#73 3	Woodburn	#79 1



UPCOMING POMONA GRANGE MEETINGS

Pomona Secretaries are to send in meeting information to the Bulletin Editor as soon as date, time, and location are determined and/or changed.

Pomona	Date	Time	Meeting Place
Baker #24	Feb 10	10:30 AM	Eagle Valley Grange
Benton #36	Apr 20	10:30 AM	Summit Grange
Clackamas #1	Apr 27	9:30 AM	Abernethy Grange
Columbia #18	Feb 3	10:00 AM	Beaver Valley Grange
Deschutes #25	Feb 10	11:30 AM	TBA
Douglas #13	Apr 21	6:00 PM	Lookingglass Grange
Josephine #20	Mar 30	10:00 AM	TBA
Lane #14	Apr 13	10:00 AM	Lorane Grange
Lincoln #10	Feb 17	10:30 AM	TBA
Linn #12	Apr 13	10:00 AM	Lacomb Grange
Polk #3	Apr 14	11:00 AM	TBA
Tillamook #9			TBA
Wallowa #22			TBA
Washington-Yamhill #2	Apr 20	10:00 AM	Winona Grange

The Education Committee



Lyle Utt
Lyle.Utt@gmail.com
OSG Education Director

I recently read an article on OPB by "By Elizabeth Miller (OPB) called "9 things Oregon employers, colleges want to see from Oregon high school graduates" at OPB.org and the nine things that employers and colleges want are all soft skills. Here are seven of them.

1. Financial Literacy

Shoshana Zeisman-Pereyo, executive director of student learning initiatives in the Portland State University Learning Center, said financial literacy is "critical." "Graduates should possess basic financial principles, budgeting skills, and an understanding of personal finance to navigate their financial responsibilities effectively."

2. Clerical skills can make you more employable

Keith Wilson the president and CEO of Titan Freight, a regional transportation company said "We have a need for everything — from typing skills, which is clerical, office, to warehousing positions, mechanic positions, and driving positions."

3. Work experience not required, but recommended

Heather Ficht, executive director of East Cascades Works said the best way to prepare for a job after high school is to get a job while you're still in high school. It's a crash course in soft skills and life skills, from making sense of your first paycheck to problem solving through a sticky situation.

Asking for help

PSU's Zeisman-Pereyo said. "As in life, college will get bumpy, but a student who knows

how to self-advocate will have a better chance of finding the appropriate resources to help them succeed."

Open-mindedness and awareness of the world around you

Amy Nguyen the founder and president of Dragonberry Produce said "I think the best thing that schools and teachers should do for their students is to encourage them to embrace the flexibility and openness to try to explore."

Not just knowing how to read — but understanding what you're reading

Bridget Jones, director of admissions and recruitment at PCC, said "Though many students learn in different ways, there continues to be a significant amount of critical information that is communicated through written word; from application instructions, job training manuals, interpersonal communications, and so much more," Jones said via email to OPB.

Math — really

John Hamblin, vice president of student development at Mount Hood Community College said "When students struggle in math, they struggle to graduate, whether that's in high school or whether that's college as well — [it's] one of the biggest barriers to graduation," to be really good at these skills that are easy to test with standardized tests.

www.opb.org/article/2023/12/15/education-graduation-requirements-standardized-testing-math-skills-high-school-oregon/?outputType=amp

Grange Insurance Association Announces Scholarship Program For School Year 2024-25

Grange Insurance Association (GIA) is pleased to announce that GIA will fund twelve scholarships for the 2024 – 2024 school year, totaling \$35,000. Applicants may apply for either an academic or a vocational scholarship. They are offering seven academic scholarships, three vocational scholarships, and two community scholarships. The highest achievers in the academic and vocational categories will each receive \$5,000, while other recipients will be awarded \$2,500.

Eligibility requirements (applicants must meet one of the following):

- Current GIA policyholder (or child of GIA policyholder) in California, Colorado, Idaho, Oregon, Washington or Wy-

- oming
- Current GIA company employee (or child of current GIA company employee)
- Current GIA-appointed agency employee (or child of agency employee)
- A previous recipient of a GIA scholarship
- Academic applicants must have a minimum 3.0 or 80 GPA

Please note that children or legal wards of officers, directors or agents of GIA are ineligible.

Application deadline is **April 1**.

Application forms and information on submissions are available at: www.grange.com/scholarships/

2024 Grange Scholarships

OSG Foundation Scholarships

Marcel "Muzzy" Mandel Memorial Scholarship

For an Oregon Grange member or the child or grandchild of an Oregon Grange member who has graduated from high school or completed a GED. For undergraduate work while attending any institute for post-high school education. Amount is variable. Paid to the recipient with proof of enrollment.

Mary Helen Sauter Ramm Memorial

For a female Oregon Grange member undergraduate or graduate student who is returning or has returned to college after a break. Use at the school of your choice; priority will be given to students majoring in Education, History or Family History/Genealogy. A minimum of \$250 will be paid directly to the winner.

Louise Angela Holst Memorial Scholarship

This scholarship will be given to an active Grange member with at least 5 years of active membership including time as a Junior Granger; who is between 16-40 years of age and enrolled in any advanced education including 2-year programs, 4-year college or vocational schools. The scholarship amount will be \$500 dollars.

Oregon State Grange Scholarships

Charles E. Spence Memorial

An applicant must have been a Grange member in Oregon for at least two years. Scholarship can be used at applicant's choice of school. Value \$1000.

Grange Workers Activities (GWA)

Goes to an Oregon Grange member, who by September 1 will have completed at least one year of college, business school, nurses training, or vocational education. Check will be mailed to the school. You must be enrolled for at least 12 credit hours fall term. One \$1000 scholarship.

For all of the above scholarships: The application forms will be mailed to your Subordinate/Community Grange Secretary or can be downloaded from www.orgrange.org/scholarships/. The completed application must be sent to the Oregon State Grange office, 643 Union St NE, Salem, OR 97301 postmarked no later than May 1.



Grange Foundation Offers New Educational Scholarship

By Katie Squire, 2023 National Grange Communication Fellow
Originally published in The Patrons Chain, a publication of the National Grange

During the Grange Foundation meeting at the National Grange Convention in November, Anna May Nauss, the chair of the scholarship committee, introduced the new Ernestine "Ernie" Keiser Memorial Scholarship.

The Foundation will present an annual \$1,000 scholarship to Grange members who are graduating high school seniors or continuing two-year community college, four-year college/university, or postsecondary vocational school students attending an accredited school. Students pursuing graduate degrees or higher vocational certifications are also eligible to apply.

The scholarship is available to full-time or part-time students. Students are eligible to apply for the scholarship every year, however, if

selected they will only be eligible to receive the scholarship for a maximum of two times. Along with an application, the applicant will be asked to submit two (2) letters of recommendation, a maximum 500-word essay written on the applicant's choice from five different prompts. Applications are due **March 1, 2024**.

The application is available by visiting grangefoundation.org/ernestine-memorial-scholarship/. Granges are strongly encouraged to share this scholarship information with eligible members.

The Grange Foundation, a 501(c)(3) not-for-profit organization, supports youth development, promotes agriculture education and research, improves communities, and fosters culture, heritage, citizenship and charitable activities.

Oregon State Grange Youth Officer Application

Emailed or Postmarked to the State Office by April 30
osg.youth@gmail.com
643 Union St NE ~ Salem OR 97301

Name: _____
Age (on Jan. 1, 2024) _____

Address: _____

Grange: _____ Pomona: _____
Phone: _____ Email: _____

What, if any, financial aid do you request from the Oregon Youth Activity Fund?? (Depends upon the availability of funds. Any financial aid acceptance implies you will participate in ALL youth activities.)

Will you accept banquet meal tickets? Yes No
At this time, have you been designated as a delegate by your Grange? Yes No

To assist the state youth team in making youth officer assignments, please share your preference for which offices you wish to be considered for

1. _____ 2. _____
3. _____

Briefly explain your first choice _____

List current Grange Office(s) or Committee(s) held. Includes Community and Pomona, please acknowledge any committee chairs. _____

List previous Grange Office(s) or Committee(s) held. Includes Community and Pomona, please acknowledge any committee chairs. _____

What Grange contests/activities have you or are you planning to participate in? _____

I agree that if I am selected to be a Youth Officer, I will attend all scheduled practice sessions and be prepared to open State Grange Convention on Wednesday morning. I further agree that if I have a speaking part, I will have it fully committed to memory UPON ARRIVAL AT THE State Grange Convention. I will also wear the proper attire for the opening of the Oregon State Grange on Wednesday morning. You are expected to participate in the youth activities (delegate work is the priority) and lend a helping hand to any task requested.

Applicant's Signature: _____

Date _____

I affirm the first 4 degrees or welcoming ceremony had been received when this application was signed. (initials) _____



Grange Youth & Young Adults



Christy Dumolt & JC Junkman
OSG.youth@gmail.com
OSG Youth/Young Adult Co-Directors



Welcome to the New Year.

We hope it is starting well for you. Oregon was very proud of its Youth that were at National Convention. Lexi Suing and Jim J Dumolt were National Communications Fellows and were busy all week getting the scoop on all the happenings with the other Fellows from around the nation.

On Friday morning the National Grange Youth officers opened the Grange session with "Can't Stop That Feeling" playing for their opening drill. Samantha Wilkins, the National Junior and Youth Director gave a few words of wisdom to the delegates in the room. After the Youth opened the Grange the Youth president led them in debating a resolution on the floor. Many Youth got up to speak on the resolution, some for the resolution, some against. After the Youth were done debating, the discussion was opened up to the delegates of the National Grange to discuss. After discussion was done, the Youth did a simple and elegant closing drill. Alex Coe as Vice President and JC Junkman as Pomona did an exceptional job as Youth officers.

Solana Sonnier, from The Sandy Grange, did a wonderful job presenting her speech at the National Grange Honors Night on Friday

evening. Oregon as usual can be very proud that our Youth represented us with dignity.

The Youth Program has many changes this year so please be sure to read the new handbook when it comes out. One of the major changes is National has lowered its Youth-Young Adults age to 30 years old. Oregon will keep the age for the program as it is at age 35.

The Western Regional Conference has been updated as well. We will be having the conference on April 25 - April 28, 2024 in Yakima, Washington. The registration will be coming out about February 1, 2024. Please look online on the Western Regional Grange Leaders Conference Facebook page, contact the State Grange office, or email your State Youth Directors for the registration information. The public speaking and sign-a-song will no longer be expected to go to regional before going in to Nationals. Our winners will go directly to the National Convention. This is one of many reasons for the change in the time of year for regionals. Additionally, with the growth in the Grange Youth Fairs program in many western states conflicts with county fairs was becoming an issue. We are hoping that more Youth will be able to attend with it being in the spring.

Youth Yammerings

WHEN:

Third Sunday of even-numbered months (February/April/June... etc.)
at 9 p.m. Eastern

WHO:

Youth Directors or anyone else interested in
National Grange Youth & Young Adult programming!

WHERE:



On Zoom!

Login: 833 7712 0738

Passcode: 969128

Online orders only!!!
Shirts must be Order by February 23



Are you GRANGE STRONG?

Support this fundraiser through [etsy.com](https://www.etsy.com/shop/grangestrong) to purchase your own #GrangeStrong shirts!

must purchase by February 23!
delivery by mid-march

T-Shirt - \$22* (Navy)
Women's V-Neck - \$22* (Steel)
Long-Sleeve T-Shirt - \$26* (Navy)
3/4 Sleeve Raglan T-Shirt - \$20*
(Gray/Blue)
Hoodie - \$40* (Royal)



grangebiz.org/grangestrongshirt

*plus applicable taxes and shipping

Oregon Grangers at the National Grange Convention in Niagara Falls, New York



L: Toni Hoyman and State President Jay Sexton going over the falls in a bucket.



R: Jim J Dumolt, Communication Fellow, going over the falls in a bucket.

Below: Solana Sonnier presenting her speech at the National Grange Honors Night.



l-r: Past National President Betsy Huber, Oregon President Jay Sexton and National President Chris Hamp as Jay receives the National Grange Communicator Award given to Suzy Ramm and the OSG Bulletin.



L: National President Chris Hamp with Youth Vice President Alex Coe.



R: OSG Lecturer Cookie Trupp with her assistant Courtney Gordon, District #2 Lecturer's Committee Chairman.



Above: OSG First Lady Toni Hoyman models her delegate sash.



Above: Medel winners in Baseball. In the middle is Oregon's JC Junkman, who placed third.



Above: Lexi Suing, Communication Fellow, going over the falls in a bucket.

Above l-r: OSG Lecturer Cookie Trupp, Harry Stayner – Oregon Talent winner, OSG President Jay Sexton and his wife Toni Hoyman after Harry took the sixth degree.

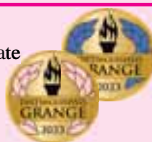


Above: National Youth Officer Team. Oregon was represented by Pomona JC Junkman and Vice President Alex Coe.

Congratulations

2022-23 Oregon Distinguished Granges – Oregon State Grange, Redland #796, Marys River #685, Creswell #496, and Springwater #263

2022-23 Grange in Action; Clackamas Pomona #1



Your Name: _____ Moving? Let Us Know.

Old Address: _____ New Address: _____

City/State/Zip: _____ City/State/Zip: _____

Email: _____ Phone: _____

Grange Name/Number: _____

Please provide name of any Subordinate/Community Grange office/Committee Chairman positions currently held.

Mail to: Oregon State Grange
643 Union St NE
Salem OR 97301-2462
gbulletin@orgrange.org