



MICHIGAN GRANGE NEWS



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National Grange Legislative Director to Represent National Grange at Michigan State Grange 139th Annual Session

Grace Boatright is the Legislative Director for the National Grange. She was born and raised in Austin, Texas, and moved to Washington, D.C. in 2010. "My family lived in a rural area my whole life and although I love Washington, D.C., I love the peace of a small town," said Boatright. She graduated from Concordia Lutheran University with a BBA concentrated in finance and marketing. Boatright says she is "excited to advocate on behalf of rural Americans and agriculture here in the nation's capital." Boatright is a member of Potomac Grange No. 1.

**139th Michigan State Grange Annual Session —October 18-20, 2012
Ramada Inn —7501 W. Saginaw Highway, Lansing, MI**

Important: Reservation must be made prior to **September 28, 2012** with the hotel. After that date the rooms that are blocked for us will be released and reservations might be hard to make...plan ahead! The rooms will be \$69.00 per night + tax. Reservations can be made by calling 1-517-627-3211, be sure to tell them you are with the Michigan State Grange.

Important: Convention meal tickets must be purchased prior to October 1st. Tickets will not be sold after this date, without there being an additional charge added to them. Again...plan ahead!

Menus:

Past/Present, New Delegate, GROW Club luncheon — Thursday noon — Swiss Steak — \$15.00

Salute to Ag Dinner — Thursday evening — Chicken Fettuccini Alfredo — \$22.00

Family Activities — Friday noon — Stuffed Pork Chop — \$15.00

Junior Grange luncheon — Saturday noon — Mac-n-cheese—\$15.00

Annual Banquet — Saturday evening — Roasted Turkey Dinner — \$24.00

Get your plans made and make reservations and purchase meal tickets early!

IMPORTANT! We need a **count** of **Juniors** that will be attending the **Juniors Luncheon**. The luncheon is **free** for them, but we have to let the hotel know how many there will be. Also, a child's price has been determined for the luncheons and dinners. **Luncheons** will be **\$8.00** and **dinners** will be **\$13.00** for Juniors only. Please let us know how many will be attending.

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www.michiganstategrange.org



Michigan Grange News

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Christopher D. Johnston

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Christopher D. Johnston, Editor

- Sept. 1** Drawing for the 2012 Harley Davidson Sportster 883 Raffle—1:00 p.m.
- Sept. 10** Due date for reports/ CS notebooks
- Sept. 22** Community Grange #1675 open house 2-6 p.m.
- Sept. 30** Be sure you have your rooms reserved for the convention and your meal tickets purchased.
- Oct. 18-20** Michigan State Grange 139th Annual Convention — Lansing
- Oct 27** Peninsula Pancake/ sausage dinner 5-7 p.m.

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10 issues per year June/July & Oct./Nov. are combined.
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Chaplain

An End to the Drought

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Tel: 989-875-2894 E-mail: katjoy98@yahoo.com

"I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth." (Genesis 9: 13)

I can almost hear God saying "What is it that you want? You have prayed for rain and now that I have given you an abundance of it, you are now praying that it stops".

Yes God has given us the rain to wet our trees, grow our grass, and even give life back to our crops. We have prayed for it so that the drought would end. Has the drought ended for all people? It has here in Michigan. But I am not sure about others states.

But has the drought in your life been filled to over flowing? I am not talking about our fields now or our crops but I am talking about our souls. That is one drought that we do not think about. There are times when we feel that we can not go on. There are too many problems around us. "If someone asks me to do one more thing I am going to scream." That is what I am talking about. That is the time to sit down in a quiet spot, be it in your home, in a field, in your yard, or the forest down the road, and just listen for God's voice.

To many times someone will say to me "I don't hear God's voice" and I will ask them "what did you hear?" They may answer the wind in the trees, a bird singing, that darn fly that kept pestering me. Maybe it was nothing but silence. All of these sounds are God's voice in this world. He made all creatures and plants. Do you not think that he is not talking to us sometimes in the sounds that he created for us? And the silence, maybe that is God's way of waiting for us to talk with him.

"For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers of authorities; all things were created by him and for him" (Colossians 1:16).

It is fall time and now we start to harvest our crops for the year. Remember to talk time to listen for God and give thanks for the food is being brought in for all mankind.

Student who obtained 0% on an exam I would have given him 100%

- Q. In which battle did Napoleon die?
A. his last battle.
- Q. Where was the Declaration of Independence signed?
A. at the bottom of the page.
- Q. River Ravi flows in which state?
A. liquid.
- Q. What is the main reason for failure?
A. exams
- Q. What is the main reason for divorce?
A. Marriage.
- Q. What can you never eat for breakfast?
A. lunch and dinner.
- Q. What looks like half an apple?
A. the other half.
- Q. If you throw a red stone into the blue sea what will it become?
A. it will simply become wet.
- Q. How can a man go eight days without sleeping?
A. No problem, he sleeps at night.
- Q. How can you lift an elephant with one hand?
A. You will never find an elephant that has only one hand.
- Q. If you had three apples and four oranges in one hand and four apples and three oranges in the other hand, what would you have?
A. Very large hands.
- Q. If it took eight men ten hours to build a wall, how long would it take four men to build it?
A. No time at all, the wall is already built.
- Q. How can your drop a raw egg onto a concrete floor without cracking it?
A. any way you want, concrete floors are very hard to crack.

Michigan State Grange makes it to TV.

A couple weeks ago, I received an email from a lady by the name of Jody Pollok-Newsome from the Fox 47 Channel in Lansing. She was inquiring about whether or not I would be willing or able to come in for an interview for her show called "Michigan Farm and Garden".

I quickly replied that I would and so though many of you will receive this copy of the MGN after the airing date, it is currently set for Sep. 1st. You can check your local Fox listing since I believe it airs all over the state. This has been an excellent opportunity for the Michigan State Grange to get good coverage about who we are and what we do, and most importantly at no cost to us.

Cover Story

On the cover of this issue is an article about our National Rep. for this year's convention. I would like to take this opportunity to officially welcome Miss Grace Boatright to the Michigan State Grange Convention. This will be her first time attending a convention as a National Representative and I know we will do our best to make it a great first convention for her. Miss Boatright is quite possibly the youngest person to ever hold such an important position in our organization. I believe she has started off on the right foot and has so much potential to help drive our organization into the future legislatively.

Fundraisers

The Motorcycle raffle has not seen the outcome I had hoped for, though I realize not everyone is in favor of raffling off a motorcycle for whatever reason. We have not had the sales thus far to justify us buying the motorcycle for the drawing so at this point of me writing this article it looks like the drawing is going to be a 50/50 raffle. We are still looking forward to the next raffle of a half a cow and the second prize a whole hog. We will not be having the drawing for this raffle until later in November. The reason for this is to allow more time to sell more tickets.

Bus Trip???

This is your last chance to weigh in. We are considering taking a bus trip to the Kelley Farm in Elk River Minnesota next July. I plan to have the final response by the end of session. This trip will be primarily for any who wishes to witness the full exemplification of the original first four degrees that will be executed by the National Grange Youth Young Adult Department. If you are at all interested in the possibility of going on this trip please let me know so that we can further plan for this event.

Resolutions

I know nobody ever wants to talk about resolutions, but it is the way we set our policy for the ensuing year. This year with a new National Legislative Director in our midst, I think it would be nice if we had a real big showing of resolutions for us to debate. The last few years we have not had very many resolutions at our convention. I know that with the economy the way it is and with the leadership of the state and federal government, there most certainly has got to be something wrong that the Grange could work towards fixing. An idea was once given to me to take a stack of newspapers to a Grange meeting and hand them out. Ask the members to read mainly just the headlines and by the time they are done there should be something that they had seen that makes them a little excited, maybe enough to want to do something about it. Remember, we are a grass-roots organization and any policy we set comes from the local Granges.

*American Values.
Hometown Roots.*

Luanna Swainston, Director 965-108th Street, SW Byron Center, MI49315
Tel: 616-877-0169 E-mail: plswainston@hotmail.com

Wow! Where did the summer go? And to think that State Grange is just around the corner! There are so many things that have to be done before that and dates to be met. Deaf Awareness is no exception.

I have received some reports from Chairman's regarding the annual report, but I would like to hear from more of you. I know many of you have activities and report some form of deaf activities at each meeting. The report form is due September 10. Just mark off the items that you do on the report and send it to me even if you don't have the required 15. I still would like to hear what you are doing.

There is a contest that not only the Juniors can enter but also Subordinate members. The Essay Contest is for Juniors, Youth and Subordinate members. The topic is "Deaf Awareness" and can be based on true happenings, educational or purely fiction. It has a 300 word limit and it doesn't take long to have the 300 words. These are due by September 10th so get your thoughts down on paper and send them to me.

The Poster Contest is for the Juniors. It is to teach Junior Grange members about hearing loss, hearing protection and how deaf and hard of hearing people communicate and to give Juniors the opportunity to express their creative abilities. There are ribbons and money awards for each of the 4 age groups (5 and under, 6-9, 10-11, 12-14). Posters are to be done on poster board (maximum size 18 x 24) and can be done with crayons, markers, pencils, pens, cut out pictures and/or photos. At Junior/Youth Camp this summer, the Juniors did posters but I know there are other Juniors that can do the posters too. Let's have a nice display at State Session this year. Bring them to the session or send them with your delegates. They need to be there Thursday morning by 9:00 by the Deaf Awareness display.

For all the contests, please place your name, address, Grange and number, County and for the Juniors and Youth, your age also.

I hope you have been collecting Boxtops for Education and Campbell Soup points for the Michigan School for the Deaf. These are used to get equipment and school supplies for the school. They are also asking for **afghans, quilts and fleeces instead of mittens, hats, etc.** this year so I hope you have had your knitting needles, crochet hooks, etc. flying to get some of these items ready.

Beverage tabs and clean aluminum can be brought to the State session and the money brought in for these items is used for projects in the Deaf Awareness department.

Last year we collected treats and toys for the Dogs for the Deaf and they were really appreciative of this so we are doing it again this year so bring your items to State session. There will be a special tub for these.

If you haven't **made a donation to the Deaf Awareness Fund**, it would be appreciated at this time. We have done a couple of new projects this year and we hope to continue with these, plus maybe add another. It depends on the donations, so please help us out!

Kevin Young, Director 60822 Creek Road, Niles, MI 49120
Tel: 269-684-3870 E-mail: Kevin60822@sbcglobal.net

Where has the Summer gone?! For most of us, we have had our county fair by now except for a few that I know are yet to happen in September. The heat has finally left us (I hope!) and now it is time to reap the harvest from our gardens if they survived the dry summer. Personally, my garden has done very well from all the watering I did to keep it growing. My Zucchini squash over produced and I gave squash to many people this year. We had really nice looking Tomato plants that were close to 4 ½ feet tall with lots of green fruit on them. So much fruit that the plants actually couldn't hold all the tomatoes. Do not have many that have ripened yet so I hope they do soon.

As for the farmers, We can only hope and pray for them that they are able to harvest some of their field crops this fall. Those that do not have irrigation systems will probably not have much to look forward to this fall. We as Grangers need to keep all of our farmers no matter what their crop(s) is in our thoughts as this is going to be a hard time financially for a good number of those that help provide the World with food.

I hope that if you have a local farmer's market in your area that you please support them. If we all do our part at buying local from local growers, we will be able to help our State Economy rebound. Buying local keeps the money within the area purchased and in turn will be spent again and again.

I hope to see as many of you that can come out for this year's State Session being held in Lansing. I am sure our hosts will be putting out a great welcome to all that attend. See you in October!

PENNIES FROM HEAVEN

Be sure to bring your pennies, nickels, dimes, quarters or whatever you wish to the session to help with the next National Grange Convention that we have to help host.

Seeing that the next Michigan Grange News doesn't come out again until November, I need to know how many of the Granges would like a student at the Michigan School for the Deaf in the "Adopt a Student" for Christmas. I do have some names but if you would be interested please let me know. The student forms for this are usually sent home around the first of October from the school. They need to know how many also. It's a great experience!

It is a busy time now getting ready for the State Session in Lansing and I hope to see many of you there. "The work of another day demands our attention!"

TIME IS RUNNING OUT!! Reports from chairmen of Family Activities are due September 10th, don't forget to send yours, even if your Grange has not been active.

Less than two months and we will be gathering in Lansing for the **139th Michigan State Grange Annual Session**. I hope not only as a state director but also a member of Burns Grange #160, this year's host, that many of you will be there. A lot of time, effort, planning, and expense goes into putting on the state session. Every member should try to attend if possible, if not for the whole thing, then a day or two. Let's see some new faces this year also, I know we have some new members, encourage them to attend.

I don't know of a better way to see the Grange in action than at our state session. This is a time for all of us to come together and work, have fun, make new friends, and renew old friendships. Important business is accomplished, members individually and as a Grange are recognized for their efforts to the good of the order. It's a time to display the talents of Grange members in many areas. We are an organization with beautiful rituals and when better to see them in use than at state session. Come join us, you won't regret it. It may even give you a little boost that you need, to go back home and spread the word about the Grange. Imagine what we can do, if we work together as a team. We are not only members of our Subordinate and Pomona Grange, we are all members of the **MICHIGAN STATE GRANGE**.

The theme for Family Activities Luncheon is **HATS, MITTENS, AND SCARVES, OH MY!** I hope we have a wonderful selection of these warm winter essentials, including gloves, for our elementary school children in the Lansing School District. We will have at least one school, perhaps two. I'm planning on decorating a tree with these items, before presenting them to a school personnel.

Don't forget about the **National Quilt Contest**.

LOG CABIN, FALL COLORS, 10 1/2 X 10 1/2 inches, ONE QUILT BLOCK PER ENTRY. The judges will choose one as **BEST OF SHOW**, this will be sent to National.

Remember this does not take away from the **BEST OF SHOW** from the other categories in this department.

Please have your entry sheets made out before coming to the display room, and your labels filled out and attached to the back of your entry. One person per entry sheet, and only one entry per class/category per person. All items must have been made in the last Grange year, except for Unfinished Projects category.

Please include a recipe with full instructions with all food items. All baked items should be on a disposable plate or pan, we will not be responsible for food carriers. Thank you.

Remember there is no separation of baking contest this year. Men and women will be competing against each other, and we have more categories. Try your hand and enter in any of the categories. It's fun and we get to eat the baked goods and candy.



*American Values.
Hometown Roots.*

Dream
Of simple pleasures
Believe
In yourself
Discover
Your own wings.
Create
The world you love the best.

*May you always
have...sunshine to
greet you wherever
you go,
A fun-loving spirit
you never outgrow.
Joy in the journey,
Whatever you
do,
God's pres-
ence* 
*To guide you
And help see you
through.*

10 Thoughts on Whole Living

1. Your body already knows how to heal itself; you just have to get out of its way.
2. Go ahead—vent a little. Think of it as Detox for the soul.
3. Good posture isn't about rigidity, but fluidity.
4. When you can appreciate being alone, you're rarely lonely.
5. Clutter is the by-product of indecision, make sure everything in your space is there because you choose to keep it.
6. You may not be in school anymore, but there's always more to learn.
7. True sufficiency doesn't mean having plenty; it means having enough.
8. Pay attention to how you walk. Ask yourself what you're rushing toward—or away from.
9. Transform anxiety into excitement; focus not on the fear of what lies ahead but the possibilities you might create.
10. Lead with your heart, not your ego.

Legislative

Positive Changes

Jeff Swainston, Director 2589 144th Ave., Dorr, MI 49323
Tel: 616-813-8746 jeff@jnsphoto.biz

The National Grange has a new Legislative Director and we are already seeing some positive changes that will benefit our organization. Grace Boatright is the new head of the Legislative Department and one of the changes is a new online blog to keep us updated with current happenings that affect us all. The blog can be found at

<http://nationalgrangeviewfromthehill.blogspot.com/>

I encourage all of you that have internet access to keep tabs on the blog. The following is an excerpt from a recent posting on the blog concerning the progress of the 2012 Farm Bill:

The National Grange recently joined a new coalition called Farm Bill Now. The coalition, consisting of over 40 agricultural organizations, seeks to raise public awareness about the importance of passing the 2012 Farm Bill before the provisions of the 2008 Farm Bill expire on September 30th. The coalition includes groups from just about every sector of agriculture, including dairy, livestock, energy, commodity crops, specialty crops, farm cooperatives, financial groups, non-profits, and others.

Despite being very new, the coalition already has two events scheduled where Farm Bill advocates can speak their minds regarding the dire importance of getting a Farm Bill passed before the old one expires.

The first event will take place Tuesday, August 28th in Boone, Iowa at the annual Farm Progress Show.

The second event will take place Wednesday, September 12th in Washington, D.C. on Capitol Hill. Farm Bill Now will host a rally on the grounds of the U.S. Capitol to encourage lawmakers to pass the 2012 Farm Bill. Of course, the Grange will be there front and center to help with this important issue, and I encourage anyone and everyone who is available to please come to DC to participate. If you can come, please call me at 202-628-3507 ex. 114 and let me know.

To learn more about the coalition, visit the website at <http://www.farmbillnow.com/>.

The blog also contains information about Postal Reform and Health Insurance Tax repeal which include sample letters that can be written to your specific legislators. You may copy and use the letters as written, but make sure you swap out the names and any other info that needs to be made appropriate for you specifically.

FOUNDATION

Over View

Roland Winter 15150 A Drive North Marshall, MI 49068
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Now with summer coming to a close and as we settle into our busy Grange schedules let us not forget the Michigan State Grange Foundation and the many things that it does to help the Michigan State Grange.

As you have heard before and I again emphasize, the Michigan State Grange Foundation is an important part of the Grange in Michigan. Many young people have received interest-free loans to continue their education and most of the Department Directors have received funds to promote their educational programs that have helped not only Grange members but others in the community as well.

To continue this help and make more money available we need the help of every Grange and every Grange member. The Foundation is funded entirely from your donation and the donations of your Grange, plus interest received from the Endowment Fund. Your donations make money available for current help and to build the Endowment Fund. Fifty percent of all undesignated donations go into the Endowment Fund.

Since The Michigan State Grange Foundation was established twenty six years ago we have come a long way with over \$140,000.00 in total assets, plus ownership of the Haslett Office property. Of that amount over \$ 30,000.00 is out in loans to College students to further their education, or persons who have completed their education and are working to pay the amount of their loans back to the Foundation. Over \$ 67,000.00 of that amount is in the Endowment Fund with only the interest being available to use. There is also money available, and being used by the Michigan State Grange Department Directors, for the educational part of their program.

As you can see the Foundation plays an important part in the overall work of the Michigan State Grange.

It is one of our goals to continue to make money available to the Student Loan Fund to help our young and older Members as well, with their educational endeavors.

Our goals can only be met by your continued support and donations to the Michigan State Grange Foundation We THANK YOU for your past support and look forward to hearing from you in the future.

MSG FOUNDATION,

2589 144th Avenue

Dorr, MI 49323

Please accept my donation to help support the Mission of the Michigan State Grange Foundation.

\$ _____ **In Memory of:**
For Memory _____ **Birthday**

Address _____ **Anniversary**

City/State _____ Zip _____ **Deceased**

Donations made by: _____ **Other**

Thank you for your Support!

JUNIORS

Successful Camp

Connie Johnston, Director 6241 Grand River Road, Bancroft, MI 48814
Tel: 989-634-9350 E-mail ckream27@yahoo.com

Many, many, many thanks to Burns Grange and their members for hosting the Junior Camp this year. And a very special thanks to Bill and Judy Bowers for getting/pulling the wagon and for the candy we threw out in the Byron Family Fun Day Parade. The Juniors enjoyed the ride and we also got our name out there as well. Thanks also to Sharon Popler for use of her pool and Luanna Swainston for coming out and doing a workshop.

If you weren't at the camp, and we know you weren't since there were only six Juniors there, you really missed out on some fun. Friday night started camp with Juniors/Youth showing up and playing games. Saturday after breakfast, we did all sorts of crafts. Luanna Swainston, Deaf Awareness Director, came and gave a workshop on the deaf program and then helped the Juniors with their posters for the Deaf Awareness contest. After lunch we loaded up and went to the parade. And if you weren't there, you really missed out! Because of our good name, all the Juniors ended up getting a brand new bicycle helmet! After the parade, we got to play games in the park and then walked over to see the Rochester Grangers, a vintage baseball team play against Volunteers from Byron. We were treated with player cards and explanations of the game as it was played in the 1860s. We even got to handle the ball and bat from one of the player. Then it was time to cool off...we took a dip in the Popler's pool. Afterwards we went back to Byron and enjoyed the cool evening while working on a leaf project and then watched a spectacular fireworks display. Needless to say, we crashed Saturday night!! Sunday was basically loading up and heading home. The six Juniors that attended had a great time!!

You'll hear me at State Session, but for those that won't be there, I just want to say that the success of the Junior Department really depends on YOU!! The Junior age is 5-14 years of age. The minimum age to get a driver's license is 16; therefore, they have to rely on you to get them to Junior events. As the theme this year is "Plant a Seed and Watch Me Grow", we need your help to nurture the Juniors and help them to succeed. I'm really hoping that the attendance at State Session will increase dramatically!! Last year we had two Juniors attend...It was a joy to see my boys march onto the session floor and soak up the spotlight...wouldn't it be great to watch your children/grandchildren do the same? It can happen if you are willing to commit to getting them there. Did you know that at the Junior Luncheon, Juniors eat free? Attendance for the luncheon is down and that it a bit disheartening to not see the support for these kids! Please do what you can to get your Juniors to session and cheer them on! I hope to see you all in October!!

YOUTH/YOUNG ADULTS

Fun Filled Camp

Jeff & Nancy Swainston, 2589 144th Ave., Dorr, MI 49323
Tel: 616-813-8746 E-mail jeff@jnsphoto.biz

Well, we had another fun weekend at camp this year. A big THANK YOU to everyone who participated, and made the weekend most enjoyable. Thanks to Burn's Grange for hosting this year. Just like last year, we had an incredibly hot weekend, so it was very nice to have air conditioning at the hall. We had a great time at the Byron Family Festival Days. Some of the highlights were, riding the Grange float, playing games in the park, having hotdog at the Grange food booth, watching the Rochester Grangers play old time baseball, swimming at the Poplar's, watching fireworks and eating popcorn. What more could you ask for? Our Deaf Awareness director, Luanna Swainston did a wonderful presentation on hearing loss and passed along some book markers with the alphabet and number sign language printed for us. We got to enjoy each others company, make new friends, and see some friends from last years camp. There were plenty of food, games and crafts at camp for the kids to enjoy. Please keep camp in mind for next summer, as we hope to see every one again. Bring friends! The more the merrier!

Don't forget to send in your Youth / Young Adult Report forms and Achievement forms by September 10,2012. I've received some already, even from Granges that do not have youth/young adults. Thanks for responding! All youth/young adults/young at heart, check your dates for State Grange this year and mark your calendars to join us on Friday night of State Grange Session for the youth pizza party and to learn our march for opening Session of Saturday morning. All are most welcome! Hope you are having a fun and safe summer, see you is October. Thank you. If you have any questions, please call Jeff at 1-616-813-8746. Mail your Youth/Young Adult forms to Jeff and Nancy Swainston 2589 144th Ave, Dorr, MI 49323.

Welcome to our Grange Family

Torch Lake Grange #1840 — Antrim County

Patrick Skarnulis

Mary Skarnulis

Home Grange #129 — Calhoun County

George Huffman

Charlene Huffman

Barnard Grange #689 — Charlevoix County

Barry Wood

Patricia Wood

Burns Grange #160 — Shiawassee County

Destiny Bowers

Pittsfield Union Grange #882 — Washtenaw County

Fred Karsch

Nora Karsch

Plymouth Grange #389 — Wayne County

Annette Lindsey

Diane Thurner

Ralph Morrison

Bill Haffman

MICHIGAN STATE GRANGE CONVENTION!!

I hope everyone is busy getting their projects ready for the Convention. By the time you read this it will be only a month and a half away. National Grange is still having the photo contest this year. Lets see some really great picture's! It sure will be good to see everyone again! Take care!! Enjoy the summer bounty!

How many of us go to bed and we're so tired we feel almost sick, only to lay there and cant fall asleep? I'm sure almost everyone at some time or another has. Well I was reading this article about sleep promoters and I'm going to try some of the tips. The article had 6 different idea's to help a person sleep. Here are the promoters and information on each. Hope they help and we all can start to get more sleep.

One in five women will awaken to early because bright sunrises disrupt the production of sleep-regulating melatonin. The solution is to have 1 cup of berries daily. Plant compounds in these gems prompt the brain to produce a steady trickle of melatonin throughout the night and early morning so you don't wake before you've had ample rest.

Women are 5 times more likely to have trouble drifting off in the summer months than any other time of the year, because later sunsets prevent the brain from shifting into a restful state. The fix— a hand full of chocolate covered nuts just before bedtime. The cocoa and magnesium in this sweet treat work synergistically to boost the production of calming beta waves in the brain, helping you fall asleep in 18 minutes or less.

Nighttime temperature spikes can intensify hot flashes, making restful sleep a distant dream for 1 in 3 women over the age of 40. The remedy: snack on 1 cup of edamame . The plants estrogen in the pods help regulate the activity of the brain region that controls body temperature, slashing evening sweat spells by 66 %, so you can sleep through the night.

Mild bouts of dehydration during sweltering days sabotage the liver's ability to break down toxins-and waste-product buildup. This causes achiness and less sound sleep. One orange daily can quickly flush toxins to have you sleeping better in as little as 72 hrs The credit goes to the fruits bioflavonoids, which increase levels of detoxification enzymes in the liver-even when fluids are in short supply.

The adrenal glands tend to overproduce the sleep-disrupting stress hormone cortisol on hot days. To counteract this, sip 12 oz. of passion flower tea every night. This herbal sip dampens the adrenals output of cortisol and doubles your ability to sleep soundly.

The physiological strain of keeping the body cool as temperatures rise can disrupt functions that are considered less urgent, like regulating sleep cycles. But in a study, people who ate 1/2 cup jasmine rice at dinner drifted off 50% faster and experienced up to 3 fewer nighttime awakenings than rice skippers. That's because the carb revs output of the sleep-promoting brain chemical serotonin.

"If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you not the lack of sleep." —

Dale Carnegie

"A good laugh and long sleep are the best cures in the doctors book" — An Irish Proverb

"Early to bed and early to rise, makes a man healthy, wealthy and wise" — Benjamin Franklin

Tricia Eidsmoe 1451 Grey Road, Midland, MI 48640
Tel: 989-631-0079 E-mail: tennisbums@charter.net
Helen Mudd 1757 Stewart Road, Midland, MI 48640
Tel: 989-631-3708

Here we are, approaching the autumn season. School will be starting soon and with that, the annual reports are due to the Michigan State Grange. Hopefully you have completed your community service book or are working on it. As of the writing of this article, I still need to get my book completed for Studley Grange!

Your Community Service Book needs to be postmarked no later than Monday, September 10. If you have any questions or problems with this date or need to make special arrangements to get the book to me, please contact me. I am willing to work with you so that your community service book can be entered in the contest this year.

In the meantime, enjoy the remaining days of summer! I look forward to seeing you at the Michigan State Grange Convention

Three hundred sixty five times today equals this year!

Make the best of it!

Old Person Pride

Old People are easy to spot at sporting events; during the playing of the National Anthem, Old People remove their caps and stand at attention and sing without embarrassment. They know the words and believe in them. Old People remember the Atomic Age, the Korean War, the Cold War, the Jet Age and the Moon Landing. They remember the 50 plus Peacekeeping Missions from 1945 to 2005, not to mention Vietnam.

If you bump into an Old Person on the sidewalk he/she will apologize.

If you pass an Old People on the street, he will nod or tip his cap to a lady.

Old People trust strangers and are courtly to women.

Old People hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.

Old People get embarrassed if someone curses in front of women and children and they don't like any filth or dirty language on TV or in movies.

Old People have moral courage and personal integrity. They seldom brag unless it's about their children or grandchildren.

It's the Old People who know our great country is protected, not by politicians, but by the young men and women in the military serving their country.

This country needs Old People with their work ethics, sense of responsibility, pride in their country and decent values.

We need them now more than ever.

Thank God for Old People!

Thanks to Charles H. Fewless

State Secretaries Contest

Identify the Patrons Below

A little quiz for everyone to take part in. You still have the chance to send in your guesses of the officers/ department directors that were in the last couple of issues and this one.

Either email or mail your answers or guesses to me and for each one you have correct, your name will be put in a drawing that will take place at the Annual Convention for a chance to win a \$50.00 gift card. These are pictures of past or present State Grange officers or Department Directors. All are living and all are serving the Grange well.

- | | |
|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

You can still send in the names of the pictures that have been in the last couple issues.

#9



#10



#11



#12



Send in your answers

Jackie Bishop 479 Tuscany Drive, Portage, MI 49024
 Tel: 269-365-0401 Email: jacqueline_bishop@hotmail.com

By the time you read this, you should have turned in all the various reports to the Michigan State Grange concerning your past year. These reports provide us the opportunity to look at what we have accomplished throughout the past year, and say "Well done, good and faithful Patron!" to all of those who have helped your Grange accomplish things throughout the year. Oftentimes, we just keep doing, and lose sight of the good things that the Grange is doing on a regular basis for our communities. We also usually look at the activity, and find some areas where we would like to change something that might assure more success in the following year.

I am looking forward to seeing the final membership numbers for Michigan for this past year. We have been very close to a membership gain. Although we will not make the increase in membership goal our Worthy Master Chris has set, I feel that there is a higher awareness and interest in bringing more members into our community Granges. When I made calls to all the Granges in Michigan over the past couple of months, I heard a lot of enthusiasm and excitement, even from some Granges that had not been real active during the past year.

I recently found a statement about leaders, written by Henry Cisneros in 1990. He served as Secretary of Housing and Urban Development from 1993-1997. I believe that this statement can certainly work for leaders in the Grange:

Leaders must act as peacemakers
and bridge builders.

They must work on relationships.

They must listen
with an intense desire
to understand other people.

They must stay "hands-on"
In their communities,
tell the truth
and make decisions
based on relationships
as much as on facts.

They must invest in and learn from
all of the community's people.

I look forward to seeing many of you at the Michigan State Grange session in Lansing in October!
Plan for Success! Be Positive! Promote the Grange! Celebrate Members! (I'm assuming ya' wanna!)

Cookbooks

We still have approximately 63 Michigan State Grange Cookbooks available. They are selling for \$5.00 each. If you would like to have one or more, please notify us at the State Grange office. We will do our best to get them to you at the lowest cost. If you would like some brought to the convention, also let us know.

They are on a first come first serve basis at this point. Once they are gone there will not be any more. Get yours today!

GROW Club

I will be sending out letters and forms to last year's winners in the Awards contests soon. Please watch for these. If any of the past "royalty" would like to send me an update of their happenings, I would appreciate that also. It is fun to see the growth of our "royalty" on our Grow Club display. Only you can keep it updated! Thanks for helping me out with this.

Luanna Swainston
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 Byron Center, MI 49315
 616-877-0169
 plswainston@hotmail.com



STUDLEY GRANGE PRESENTS AWARDS

Studley Grange #1174, Midland County celebrated the 60 year service recognition of two of their members at the July meeting. **Elizabeth Bauknecht** and **Anita Mudd** received their 60 year service recognition for continuous membership with the Grange. Elizabeth and Anita have held various offices and been active in the Grange during their 60 years.

Pictured are Elizabeth and Anita with Michigan State Grange Master Chris Johnston.

BURNS GRANGE HOSTS CANDIDATES NIGHT

Burns Grange #160, Shiawassee County, hosted another Meet the Candidates Night on July 31st. There were twenty-five candidates present along with thirty-five to forty others to hear what they had to say.

The Grange was thanked by many for offering this community event every other year. The candidates were each given three minutes to speak of their qualifications for the position they are seeking. Many stayed after to talk to the candidates.



In Memory Of...



Ray Yeutter
Rome Grange #293

Basil Rockwell
Rome Grange #293

Myrtle Johnston
Harbor Springs #730

Audrey Hodge
Burns Grange #160

~~~~~  
*Well Done Good and  
Faithful Servants*

### Michigan State Grange Cookbooks

**We are coming down the line on getting rid of all of the cookbooks.**

Have you ever gotten your first copy of our cookbook? Are you in need of a second copy...maybe you have worn the first one out. (*Mine looks like its been through a war.*)

Do you need a gift for a bridal shower, graduation, birthday or maybe just a special thank you?

**WELL!!! We only have 2 1/2 cases left!**

They are selling for \$5.00 each and if your Grange would like use them as a fund raiser you can add a few dollars to that and make some money.

The last 2 1/2 cases will be on a first come first serve basis, so if you wish to have any of them, please contact the State Grange Office soon.

989-288-4546 or [msgrange1873@yahoo.com](mailto:msgrange1873@yahoo.com)  
If we can bring you some at the annual convention that would be great!

**Hope to hear from you!**

## Michigan State Grange 139th Annual Convention Tentative Schedule

### Wednesday, October 17

3:00p.m. Delegate Registration  
 4:00p.m. Display Room Opens  
 6:00p.m. Baking Contest Judging  
 7:30p.m. Talent Contest  
 Lecturer Awards  
 Baking Contest Awards  
 Introduction of National Representative  
 State Officers/Department Directors  
 Delegate Reception  
 State Officer Practice

### Thursday, October 18

8:00a.m. Delegate Registration  
 9:00a.m. Open 139<sup>th</sup> Annual Session in 6<sup>th</sup> Degree  
 9:15a.m. Lower to 4<sup>th</sup> Degree – admit 4<sup>th</sup> degree members  
 Flag Presentation  
 Roll Call of Officers  
 Roll Call of Delegates  
 Introduction of National Representative  
 Welcome by City Officials  
 Executive Committee Response  
 Partial Report – Credentials Committee  
 Adopt Order of Business  
 9:30a.m. Lecturer, Women’s Act., Junior, Deaf Awareness contest judging  
 10:00a.m. Report of Executive Committee  
 Financial Reports  
 Proposed Budget  
 11:00a.m. Advisory Nominations for two Executive Committee member and Two Foundation Directors and State Grange Officers  
 Masters Address  
 12:00p.m. Past/ Present Officer, New Delegate, GROW Club Luncheon  
 1:30p.m. Session Committee Meetings  
 Foundation Meeting  
 5:30p.m. Salute to Agriculture Dinner  
 7:00p.m. Call to Order  
 Awards- Membership, Deaf Awareness, Master’s Special Award, Gold Star Grange, Information & Community Service  
 Memorial Service  
 Session Committee Reports  
 Close in 4<sup>th</sup> degree  
 6<sup>th</sup> Degree Practice  
 5<sup>th</sup> Degree Practice  
 Session Committee Meetings

### Friday, October 19

8:30a.m. Election  
 9:00a.m. Open Session  
 Roll Call of Officers  
 9:30a.m. Speaker: Grace Boatright, National Grange Legislative Director  
 Budget Approval  
 Session Committee Reports  
 12:00p.m. Women’s Activities Luncheon and Awards  
 2:00p.m. Call to Order  
 Roll Call of Officers  
 Adoption of Thursday’s minutes  
 Department Information - Lecturer, Deaf Awareness, Community Service  
 Session Committee Reports  
 4:30p.m. Close in 4<sup>th</sup> Degree  
 7:00p.m. Fifth Degree  
 8:30p.m. Sixth Degree  
 10:00p.m. Youth Practice and Pizza Party

### Saturday, October 20

8:00a.m. Open in 4<sup>th</sup> Degree by Youth/Young Adults  
 Youth Awards  
 Roll Call of Officers  
 Department Information – Youth/Young Adult and Legislative  
 Session Committee Reports  
 10:15a.m. Michigan State Grange Foundation Report  
 10:30a.m. Executive Committee Milk Break  
 11:00a.m. Junior Grange Presentation  
 Department Information - Junior  
 Session Committee Reports  
 Junior Luncheon  
 12:00p.m. Call to Order  
 1:30p.m. Roll Call of Officers  
 Adoption of Friday’s minutes  
 Unfinished Business  
 Installation of Officers  
 Department Information - Membership  
 Close of 139<sup>th</sup> Annual Session  
 4:00p.m. Department Director/State Officer’s Meeting  
 4:30p.m.  
 7:00p.m. Annual Banquet  
 Dedicated Worker/VIP Announcement  
 Youth/ Young Adult Raffle  
 Dance