

PATRON'S CHAIN

The Official Newsletter of the National Grange



View

A super snowman was built after the recent storm by Communication Fellows, some of whom have never seen snow before.

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At Friday's Evening of Excellence the "North Carolina Bellas" before a Sign-A-Song, which won them People's Choice in the division. | Photo by Lindsay Schroeder

Talent abounds at Evening of Excellence

BY MAGGIE SWARTZENDRUBER
 Communication Fellow

On Friday evening, talented members from across the country took to the stage of the Spruce Peak Performing Arts Center in Stowe as part of the Evening of Excellence, an event that helps mark the end of each National Grange convention.

The evening, emceed by National Lecturer Chris

Hamp, was kicked off by the presentation of the flag by Junior Grange members from the Northeast region, including Nettie Hartley who was flag bearer.

Hartley took the responsibility seriously and the crowd settled in and swelled with pride at the start of the evening as she carried the banner to stage.

Acts ranging from a color guard flag routine

to a Michael Jackson hit by Angelina DeDomicis of Connecticut to an acoustic folk original by Charlie Vaughn of California called "What Do You Say." There were pianists, showmen and guitar pickers, all of which entertained the crowd of about 300 who made the trek to the off-site location despite snowy road conditions.

TALENT,
 cont'd on Page 2

PA team wins Parliamentary procedure contest

BY CASSIDY CHEDDAR
 2013 Communication Fellow Alumni

On Saturday morning, three teams competed in the National Grange Youth Parliamentary Procedure contest, where Pennsylvania walked away victorious over a North Carolina and a New York team.

The contest allows youth to gain a greater understanding of how to run and participate in an effective meeting. They develop leadership, problem solving, and public speaking skills.

Each team is composed of six youth, serving as the Grange officers with speaking parts in the Opening and Closing.

Before the contest, participants com-

plete a written knowledge test. For the demonstration, teams perform the Grange Opening and Closing. They are assigned a main motion to handle as a team, and individuals make a secondary motion. Each member also answers oral questions after the demonstration.

Members of each team receive cash prizes. Pennsylvania teammates will each receive a cash prize of \$100, followed by \$75 each for second place North Carolina team members, and \$50 each for third place New York team members.

Awards for the high scoring chair and high scoring individual test taker are also presented. Prizes are generously sponsored by the North Carolina State Grange.

2018-18 National Grange Officers



The 2018-19 National Grange Officer corps gathers after closing on Friday. From left, front row: Secretary Judy Sherrod, TN; Executive Committee Member Lynette Schaeffer, IL; Lady Assistant Steward Brenda Rousselle, VT; Ceres Cindy Greer, CO; President Betsy Huber, PA; Flora Lena Shufeldt, OK; Pomona Kay Stiles, MD; Executive Committee Member Susan Noah, OR; Chaplain Barbara Borderieux, FL; Lecturer Chris Hamp, WA; back row from left, Priest Archon Roger Bostwick, KS; Treasurer Dwight Baldwin, IA; Gatekeeper Christopher Johnston, MI; High Priest Bruce Croucher, NY; Steward Chip Narvel, DE; Priest Analyst James Owen, ME; Assistant Steward John Plank, IN; Executive Committee Stephen Coye, NY; Executive Committee Leroy Watson, NH; Musician Lester Gibbs, VT; and Overseer F. Philip Prelli, CT. | Photo by Lindsay Schroeder

TALENT from page 1

“This is always a fun event that shows off the best of our Order,” National Grange President Betsy Huber said. Huber helped pull the winning tickets for the Lecturer’s Quilt Raffle and other items that benefited the Grange Foundation. The top winner, who will take home a queen-sized quilt made with some of the best blocks from the states’ 2017 entries into the garden path quilt block contest, was Lynette Schaeffer, State Master of Illinois. She follows Tom Gwin, State Master of Washington, who took home the 2017 quilt when his ticket was pulled in Spokane - a coincidence that twice in a row State Masters have won the prize even though thousands of tickets were sold to all members and nonmembers all around the nation.

Near the end of the evening, the audience was able to vote from near and far for their “People’s Choice” favorites in the three categories

with multiple participants - speech, Sign-A-Song and vocal.

The winners received an additional \$100 cash prize.

Winners were Phil Vonada, Pennsylvania, for his vocal performance of “Run Away With Me” from The Unauthorized Biography of Samantha Brown; the North Carolina Bellas, who performed “Finale 2” as their Sign-A-Song; and Ashley Drop, of North Carolina, for her speech called 18 Revolutions about coming to love yourself.

In variety, DeDominicis took home the additional \$100 People’s Choice prize.

Throughout the evening, 2018 National Youth Team members helped introduce the crowd to those who stamped the ticket through their regionals to the lineup by competing in speech and Sign-A-Song contests traditionally run through the Youth departments of states, though they are open to any member of any age.

At the close of the evening’s performances, the team again took the stage to say they thank you and



Junior Grange members from the Northeast help kick off the night with a flag presentation. | Photo by Lindsay Schroeder

farewells, reflecting on a year of fellowship, camaraderie, service and pride for being part of the organization as a whole. Then was time to introduce the group competing to succeed them, several fit young Grangers from a handful of states.

North Carolina, Washington and New York walked away with members selected to the next team.

Youth closed the night out with a short vespers ceremony.

Youth open with salute to heroes

BY JENN NAUSS
2017-18 Outstanding Young Patron

On Friday morning, 18 youth officers opened National Grange Session taking the seats of the National officers showing the young spirit within the Grange.

The team surprised the audience by incorporating the theme Grange heroes in their opening drill wearing capes. Once they got to their stations, they thanked their heroes; teachers, counselors, parents, and first responders. This is not the first time that the youth used a gimmick during their opening.

In 2014 they wore tribute shirts to honor recently deceased first National Youth director, Wib Justi. The shirts were donated by Potomac Grange #1 in DC, a fundraiser for the youth department. “It is such a great thing to be able to experience and it just shows that we can learn from the youth and they truly the future of our Grange” Huber said.

Samantha Wilkins National Youth director and Charlene Espenshade Youth Director gave their reports.

“The youth have been working on great things this year, especially being active in fighting issues such immigration, school-shootings, and rural broadband. Many of them have been using their voice in their own communities and standing up for what is right” in the upcoming year, in July, the Junior Granges will be focusing on dairy awareness, Wilkins said.

Wilkins then introduced their new mascot, Clarabell from Carrabelle.

“I want to thank our youth here today that have brought an ample amount of dedication to our National Grange Convention today. It has been such an



Youth Officer Team members asked for heroes - veterans, teachers, farmers, first responders and more - to meet at their stations prior to the drill. After the drill ended, team members “caped” the heroes and thanked them for their work on behalf of others and mankind. | Photo by Lindsay Schroeder

honor being able to hold the position I have, and I look forward to all the great things that these wonderful individuals have to offer” Espenshade said.

It was announced after the youth director’s report, that one of our heroes was going to be retiring at the end of the year, “Charlene, we thank you so much for all the hard work and dedication that you have contributed

to the Grange and these bright-young individuals” Huber said.

“We get to see a very fine group of outstanding young people and we know that the Grange is in good hands. It’s just like when Grangers look at us (the Executive Committee) and know that the Grange is in good hands,” said National Grange Executive Committee Member, Stephen Coye, New York.

Roundup of award winners show talent spans nation

BY LORETTA NIETO
Communication Fellow

From quilt blocks to public speeches, nearly every member of the Grange, regardless of age, can find a contest to enter that will allow them to show off a talent.

In 2018, winners in various categories came from all over the nation, showing just how deep and wide our talent pool runs in Grange.

Here are a few winners:

- Junior Public Speaking Prepared**
1st place - Carly Conradi “5 Women that Inspire Me”
2nd place - Sydney Bach, VA
3rd place - David Lyman, MA
3rd place - Nettie Hartley, RI

- Junior Public Speaking Short Story**
Colton Tarbell, “The Four Little Bunnies”

- Junior Sign-A-Song Individual**
1st place - Colton Tarbell, NY

- 2nd place - Sydney Bach, VA
Junior Sign-A-Song Group
Sydney Bach, Raven, Hayden, “God Bless America”
Best of show: Cloton Tarbell

- Photography (Subordinate)**
1st place - Ashley Sears, RI
2nd place - Jean Goffard, WI
3rd place Steven Hood, CA

WINNERS,
cont’d on Page 10

Love of Grange show on skin, but not just skin deep

BY MAGGIE SWARTZENDRUBER
Communication Fellow

Everyone has a Grange story. Two members at National Convention have chosen to show their Grange story on their skin.

Amanda Brozana Rios, National Grange Communications Director, sat with a tattoo artist in October last year to put on her wrist the Grange motto, “In essentials, unity; in nonessentials, liberty; in all things, charity” as well as the Grange logo on the inside of her right forearm.

“I really wanted the motto, because even before I was in the Grange, they’re words I believe in and live by,” Brozana Rios said. “And some of our best ideals of Grange are really important to draw attention to. Obviously tattoos, especially in visible places can do that, people will ask about them.”

She has had multiple people say they have seen our logo before, and ask about what it means.

Brozana Rios said she “tried getting Betsy (Huber) to get one, but she hasn’t taken the bait yet.”

However another member did after she asked through her social media if she was alone with her permanent marking of admiration for the Grange.

Chris Heath, New Hampshire State Grange Master, saw the question as a



Amanda Brozana Rios, National Grange Communications Director, and New Hampshire State Grange Master Chris Heath compare Grange tattoos. | Photo by Lindsay Schroeder

challenge, although he admits he was simply looking for a reason to get another tattoo.

Several also told her of at least two other members who have had logos done as well.

Heath, who has been in Grange for more than 40 years counting time as a Junior, took the plunge to ensure he would always have his Grange pride with him.. He has two Grange related tattoos with plans to get two more in the near future.

His first Grange related tattoo is based off of an older pin of the original Grange logo that a member was wearing. The second one was harder for him to choose, but ultimately decided on the sesquicentennial logo. Both tattoos carry more of a personal meaning on his shoulders rather than pieces for conversation.

Heath reminded us, “Change is a six letter word that we’re all afraid of, but must do to survive.”

How do you share your Grange story?

Award honoring Youth department assistants bestowed on 2

BY CHARLENE ESPENSHADE
National Youth Director

Behind any youth program is a dedicated set of volunteers. They work in the background donating their time, sharing their insights and leading projects. The National Grange Youth Department’s highest honor is the Albert Goss Award. This award recognizes Grangers who have gone above and beyond to support the work of the National Grange Youth Department.

Cassidy Cheddar and Matthew Espensshade were selected as the 2018 recipients. Both are members of Elizabethtown Area Grange #2076 in Lancaster County, Pennsylvania.

“This award is named in honor of Albert Goss, the National Grange Master who established the National Grange Youth Department,” said National

Grange Youth Development Director Charlene Shupp Espensshade. “This pair will join an elite group of award recipients who have gone the extra mile to assist Grange youth.”

Cassidy Cheddar has donated her time for the past four years as the chair of the Youth Parliamentary Procedure Contest. She helped to develop the contest during her term as the National Grange Youth Ambassador. Cheddar is a certified parliamentarian and has helped to tech parliamentary procedure to FFA and 4-H groups. She is employed as a teacher and has a degree in agriculture education and plant science from Penn State. Other projects she has assisted with include National Grange Youth Team training weekend, developing training workshops on Parliamentary Procedure, and assisting with current National Youth Team projects. She has served on the advisory board for the Penn State Collegiate Grange.

Matthew Espensshade is a seventh-generation dairy farmer from Lancaster County, Pennsylvania. He is the husband of National Grange Youth Director Charlene Shupp Espensshade. Espensshade has assisted with a wide range of activities with the youth department including organizing the Grange Jeopardy Contest, assisting with youth team activities, leading workshops, and supporting the legislative, fundraising and leadership missions of the National Grange Youth Department. He is the Master of Elizabethtown Area Grange and has testified on dairy policy at hearings on behalf of the Pennsylvania State Grange. He has also served on the advisory board for the Penn State Collegiate Grange.

Albert Goss served as the National Grange Master from 1941 to 1950. During his tenure, the National Grange Youth Department was founded.

4 will serve as young face of Grange in 2019

BY MAGGIE SWARTZENDRUBER
Communication Fellow

After the performances finished on Friday night at the evening of Excellence, State Youth Ambassadors and Young Patrons from across the country took to the stage and waited to see who would be selected to serve on the 2019 Youth Leadership Team.

Excitement built as the current Youth Team prepared to give sashes to their successors.

First announced were the 2018-19 Outstanding Young Patrons, Brittney Oliver of Washington and Katie Fallon of New York.

Oliver, a civil engineer who works at Western Pacific Engineering & Survey and lifelong Grange member, started her own Grange within the last 18 months after moving to a town without a functioning Grange.

She said she is so proud that her Grange took off and is active in her community.

Fallon is an active member in her community who started a successful youth program in her Subordinate Grange.

This week she brought a few of those youth members to convention to experience all it has to offer.

Then the Youth Ambassadors were unveiled.



From left, Katie Fallon, New York, and Brittney Oliver, Washington have been selected the 2018-19 Outstanding Young Patrons while Zac Mazag and Rylee Furr, both of North Carolina were named the 2018-19 Youth Ambassadors. | Photo by Lindsay Schroeder

Riley Furr, of North Carolina, attends North Carolina State as a Material Science and Engineering major, and is very active in her Grange.

She enjoys assisting with the affiliated Junior Grange and for her work received the honorary mention for the Junior Mentor during the convention.

In a rare move, judges also selected the male ambassador, Zac Mazag, from the same state.

Mazag attends University of North Carolina-Charlotte where he is a political science major.

One day Mazag hopes to be elected a Senator.

The Grange Youth Leadership team will work with the Youth Director to share leadership skills with other members in their home states and beyond.

Stefenoni officially welcomed back as Membership Director

BY ANNA MARIA WAGERER
Communication Fellow

On October 15, 2018 Membership Director Joe Stefenoni, 26, was hired back. After almost two years, Stefenoni is back on the National Grange's staff. He was a Special Deputy in the Summer of 2012 and the Membership Director from September 2015 to December 2016. After he left it became clear, that his position is vital for the National Grange.

In the past 20 months Stefenoni has not been slowing down or forgetting about Grange. He attended Oklahoma State University where he graduated with his master's degree in agriculture economics.

Now he lives with his wife, Hannah Stefenoni and their dog Loui in State College Pennsylvania, where his wife is studying for a PhD in animal science.

Grange has been in the Stefenoni family for many generations, his family is a Legacy family. Stefenoni himself is a fifth-generation member. Stefenoni is a member of two California Granges, Bellevue Grange #374 and Bennett Valley Grange #16. His wife, Hannah, is planning to join the Grange in the next few months.

As a Membership Director, he is going to be a conduit



for the free sharing of ideas between the Granges, said National Grange President Betsy Huber.

Huber said her goal is to have Stefenoni promote new and innovative methods on how to reach out to members and nonmembers.

Stefenoni is planning on strengthening the relationships between the levels. His main focus is going to be on changing the mindset of how to interact and communicate with the youth. He is looking forward to connecting the Grange to new organizations and associations.

"It's very good to be back and to be able to continue working on old and new goals for the future", Stefenoni said. He added, that he is very excited to work with the familiar staff of the National Grange and is happy to hear their ideas about the Grange's future.

National Junior Director Samantha Wilkins said, that she thinks Stefenoni's return is an exciting transition. She is looking forward to work with her new, old colleague.

Colorado Junior, 13, selected 2019 Ambassador

BY AMANDA BROZANA RIOS
Communications Director

On Saturday morning, a legacy continued.

Billy Greer, 13, of Colorado, earned a sash just like his grandmother, Cindy Greer who serves as National Ceres.

Billy has been a Junior since age 5 and also is a member of 4-H.

Judges said he was personable, spoke well and had great eye contact. and that he was engaging.

“I am super excited to work with Billy,” National Junior Grange Director Samantha Wilkins said. “I’ve known his family for a long time and I know they will be very supportive of his role as ambassador. He also comes with a lot of knowledge about our Awareness Award topic, dairy.”

2018 National Junior Grange Ambassador Riley Reynolds was part of the transition, helping to sash Billy.



National Junior Grange Director Samantha Wilkins welcomes the 2019 Junior Ambassador, Billy Greer, Colorado, and thanks outgoing 2018 Ambassador Riley Reynolds, Oregon, on Saturday at the Junior Breakfast. | Photo by Betsy Huber

Billy said he really enjoys Grange and sees it as a way to connect with all ages to do good for the community. He is excited to meet other members across the country, Juniors and adults, during his ambassador year.

Created as part of the 2019 Junior Awareness Award focus on dairy to help kids connect with the subject, Clarabelle, the new mascot, also made a visit on Friday morning during the breakfast.

Mascot debuted, may help connect Juniors with Grange’s ag roots

BY ANN BERCHER
Communication Fellow

Meet Clarabelle from Carrabelle, Florida, the new Junior Grange mascot.

Created as part of the 2019 Junior Awareness Award focus on dairy to help kids connect with the subject,

Clarabelle made her debut on Friday morning during National Junior Director Samantha Wilkins’ report to the delegates. She also was part of the parade of Juniors around the Hall at the close of Wilkins’ remarks.

On Saturday morning, she attended the Junior Breakfast, and is looking forward to continuing her work with the Juniors at other events, including regional conferences, throughout the year.

“She may even make an appearance at different state Grange conventions or camps, if she is invited,” said Samantha Wilkins, Junior Grange Director. “We are excited to see how our states will enlist Clarabelle’s services.”

Carrabelle is the town Oliver Kelley founded after he moved from his farm in Minnesota.

Florida’s cattle industry is one of the oldest and largest in the country. While their dairy industry isn’t as large as California or Wisconsin, Clarabelle can still excite the Junior Grangers about the industry.

This is the third year that Wilkins has had an awareness project for the department, each of which has had an agriculture issue; first was honeybees, and second more generally pollinators. This year’s theme, Dairy Awareness, was inspired by the challenges dairy farmers are facing today.



2019 Junior Grange mascot Clarabelle from Carrabelle made her debut on Friday morning at session. | Photo by Lindsay Schroeder

“It’s important,” Wilkins says, “to find ways to tie Juniors back to our agricultural roots and to encourage them to explore careers in agriculture.”

She is hoping Clarabelle in addition to hands-on activities will engage the Junior Grangers to become immersed in this year’s theme.

Progress must continue to be part of Grange story

BY BRITTNEY OLIVER

2018-19 Outstanding Young Patron

Take a minute to stop and just think about the Grange. What is the very first word that comes to mind?

Was ‘progress’ within your top five words? Just a hunch, but I’m guessing that a variety of several other words wandered through your mind instead. And you’re probably not alone in that thinking. For a lot of granges and grangers across the country, this organization has lost sight of our great history of progress. The National Grange was founded on the idea of progress. Progress in agriculture, economic issues, gender rights; the list goes on and on.

But, how do we go about progressing the interests and impact that the Grange has on our membership, in our governments, and most importantly in our communities? I truly believe the answer lies within our youth and young adults. Before you know

it, this generation will be the ones in those gold sashes. So why aren’t we more actively seeking new young members and training them to be the leaders we want to continue the legacy of this organization?

In Worthy National Master Betty Huber’s internal address, she focused on the need for our organization to re-think membership recruitment when it comes to the young adults of Generation Y. Then, on Thursday night Betsy hosted a Young Leaders Council meeting with several young adults from all across the country in attendance. The purpose of the get-together was to brainstorm and discuss all aspects of the Grange and how our organization can better utilize, involve and gain more young adults and youth in all levels of the grange. This is a great start.

During the nearly two-hour meeting, several topics were explored, and no rock was left unturned. We dug into the core of the youth and young adults in today’s world. What are their

needs, wants and goals? How can we, as an organization, make the Grange more desirable to the up and coming generations? What can we do at the national level to lead the effort in keeping our youth and young adults active, engaged, and excited to bring their friends to join? Under Betsy’s direction and guidance this group of selected young adults will continue the conversation via digital meetings.

Of the suggestions brought forward, several out of the box ideas were explored. What if we restructured the youth awards program; what would it look like? Why not give the National Youth Officers additional opportunities to grow their leadership skills throughout the year? What if we were to set learning tracks for youth members based upon their specific interests of the organization? The questions are starting to be asked, will continue to be asked, and all ideas will be reviewed to find the opportunities that could progress the Grange to engage the next generation.

OP-ED

Healthy potlucks can contribute to health of Order, communities

BY LORETTA NIETO

Communication Fellow

Knowing what is in your foods is extremely important for many reasons.

Our food is a vital source of conflict in our lives despite the fact that we need to eat to stay alive.

Many people have the false conception that food is just an energy source to our bodies.

However, our foods are a chemical makeup of vitamins, minerals, carbohydrates, proteins, and lipids.

Each one of these components contribute the functional factors of our organ, muscular and skeletal systems.

Food is science and it is time to start taking that into consideration.

So many chronic illnesses and diseases that are prevalent in today’s world are usually induced by malnutrition or can be prevented by the foods we consume in our diets.

Foods that are commonly found in people’s diets are highly processed,

modified, or unnatural.

This is where Grange comes to mind, agriculture could be promoted under a good light, instead of being looked at as an “old-time” way of living.

Natural grown foods impact our health in a numerous amount of ways.

“My grandfather is diabetic and when we can’t get his blood glucose at a normal level, he eats a radish and within a short amount of time his blood glucose beings to drop” and no I don’t have scientific proof of the correlation between radishes and diabetes. However, this is a perfect example of how critical it is to be mindful of the foods we consume, said Jane Garza. Sometimes our bodies just know what works for us.

We live in a fast-paced world so more than half the time people feel forced to grab whatever food is available and are quick to eat.

These “quick” foods are usually packed with no nutrients at all or are considered “nutrient-dense”, what this means is that it is high in fat.

Fatty foods are not necessarily bad for people, but it matters what kind of fat you are consuming.

A high portion of our fats come from dairy-products and meat products.

Dairy products and meats that are made naturally and home-grown have statistically shown a significant difference in people’s diets.

Most of these individuals do not face chronic illnesses or diseases, because the food farmers consume is under their watch farmers know how their animals are raised and the diet their animals consume.

It’s important to start changing the old and stereotypical perspective.

Looking at farms as “laboratories” can be a huge impact to people’s health.

An advocate for this perspective, Susan Masino, also shared an example of how food affects brain health by introducing the Keto-Kitchen.

HEALTH,
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Sleepless nights worth every second for Fellows

BY KARIE BLASINGAME

Senior Communication Fellow

Nine days at National Grange Session.
“It’ll be fun,” they said.

And it has been fun.

It’s also been many late nights and early mornings, hard work and meeting people you might not have otherwise met.

Challenges abound when you’re in the Communication Fellows program, something started in 2012, that I’ve had the great fortune of being part of now three times – twice in a leadership role.

In this program, the focus is on learning how to promote the Grange.

But you are also given the opportunity to ask questions about how and why Grange works in certain ways of people who are in leadership.

You learn to write and find out what makes it a good story and figure out how to share that story a large audience or a targeted one across many different mediums.

You learn to balance multiple assignments, ask questions that can help tell the story or push it along, prioritize and present yourself and the organization in a positive light.

You fall into bed and in a few (way too few) short hours, you get back up and start again. And when the week begins to catch up to you, you realize just how much you’ve bonded with the cohort and how each of us are a team. And then alumni from previous years show up and pitch in. It’s like a club within our great fraternity.

And as convention nears each year, I start seeing people sharing photos from

years past, and inside jokes, quotes from inside the Fellows room and more. Then the selfies with alumni begin popping up and it’s like seeing a great family reunion.

The Fellows program challenges its members to do things they don’t normally do and it has one of the essential characteristics of Grange at its core: it accepts applicants of all ages (Subordinate level, speaking).

This week participants in our group have ranged in age from a 16-year-old German foreign exchange student to a 84-year old Veteran from the West Coast.

The stark differences between comfort level in participants with certain technology was clear from the beginning, but the eagerness to learn by all was equal.

Paul Hyland, our 84-year-old veteran stood yesterday at the close of session to speak about being taken under the wing of younger members and said for him, this experience was indeed very meaningful.

He was recommended by his late State Master, Ed Komski, who believed that even in his advanced age, what Paul learned could bring much to his Grange and to veterans communities.

He spent the week learning everything from better word processing skills to how to navigate some social media. He is no expert by all means, however Paul now has a group of people he can turn to who will answer any of his questions regarding Facebook or YouTube – both of which he learned to use this week.

Paul is not afraid to ask for help because he knows that we understand his needs and concern and we want him to learn more. We want to make sure he’s able to tell about his Grange experience and to

talk about other passions – specifically for him, two programs that help veterans with PTSD that he has gone through.

On Sunday, the last time most of us saw Komski, he had stopped by the Fellows room and talked to Paul and Lauren Linkemyer, also of California, about what he hoped for them to get from this experience and take back to California. He spoke highly of what he thought they would learn and how the program is structured and we asked Lauren to gather quotes from him later that day to use for future funding proposals.

This is what he said:

“It’s hard to imagine that a State Grange could composed such a detailed and insightful program. This program provides its participants with unfiltered access to the complete operations of our Grange. The insight, detail and interaction would be difficult to replicate. California is proud to encourage and support members that want to and will take away from the experience valuable intellectual (value) to be utilized for the future of our Grange.”

If you are thinking about applying to be a Fellow, do it!

As chair of the 2019 Convention, I will not be part of this group again next year and I know I will miss parts of the crazy, busy, aggravating, fun, amazing group that will be in that cohort. But I’ll be excited to visit and pitch in where I can.

So maybe I’ll see you there. Maybe you’ll apply, even though you know it won’t be an easy program.

Challenges keep life fresh and exciting. Remember the phrase, “the more you know, the more you grow,” and use that each and every day.

HEALTH

from page 6

“I spoke with Jim Abrahams and his wife Nancy who founded ‘The Charlie Foundation’ because the Ketogenic cured their son Charlie. Previously he had been on many medications and even had brain surgery and nothing had helped. Their story was featured on “Dateline” in 1994 and he still receives letters every day. Jim is a movie producer of such films as “Airplane”, “Naked Gun” from Wisconsin and he made a TV movie about the ketogenic diet starring Meryl Streep, “First Do No Harm.” The movie is a true story about a farm family whose son was also in a hopeless situation and cured by the diet. Abrahams is 100% on board to help with this effort” Masino said.

Vegetables, fruits, dairy products, and meats all are essential in people’s diets.

Food groups, in moderation and variety, along with being mindful of your food content is the best medicine you could consume.

So, how does this apply to the Grange?

Well, our organization often incorporates food into our events including very common potlucks.

Why not plan for a healthy option to bring so you can help encourage the health and vitality of your membership? If you’re having a food event as a fundraiser, consider adding a vegetable side like roasted asparagus or something else that could work for your community.

There are many ways we can make sure we keep our members safe and healthy, and our food choices for events is a great one.

Fellow, 84, teaches us all it's never too late to learn

BY MAGGIE SWARTZENDRUBER
Communication Fellow

It's no surprise that the Communications Fellow Program is rigorous and, at times, stressful. While we all learn so much about the entire process of interviewing, writing, and publishing a newspaper, there is one Fellow who stands out among the rest.

Paul Hyland, 84, has learned the most from the Communications Fellow Program. Hyland is from Oregon, and a California Grange member. Paul served

Amanda Brozana Rios, National Communications Director, was skeptical at first, "When I received Paul's application, I did a double take. I'm not saying some of our more advanced Grangers don't change or can't change or won't be pulled into using new technology but I was so happy to see one had decided to be challenged in this way."

Hyland came into the program not knowing much about technology, and has since learned basic computer skills, introduction to social media, about rural broadband, and how to write an article for publishing.

Paul has learned how to decide what is considered newsworthy, interview people, and write an article or press release. When first starting the program, he was not sure about how to use a computer, but has come a long way.

He has an interest in learning different forms of social media, like

YouTube, Twitter, and SnapChat. Although he does not have the technology to use SnapChat, he did make a Facebook account and is learning how to manage his own profile.

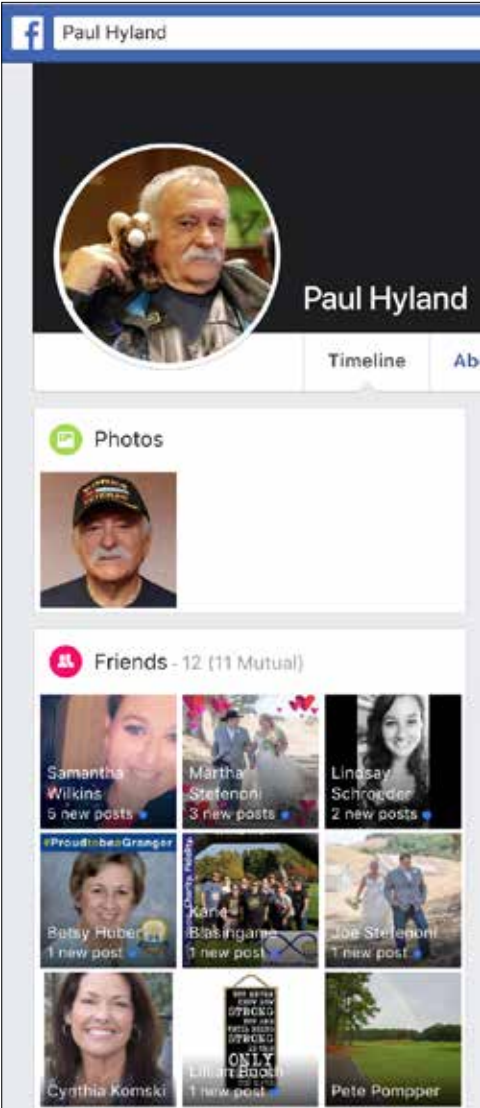
Hyland commented on how it's great that he's able to use these websites now because someone cared enough to teach him. He also said that he would like a program where younger adults are paired with our older members and give them step-by-step instructions and guidance on how to use new technology, and go slow enough they can learn.

All the Fellows and other youth have come together to help teach Paul different aspects of using technology. From creating his Facebook page, to what Twitter is, and how to live stream a video to people all over the country. Paul also learned how to use the basic functions of a computer, like Word documents and downloading photos and documents.

"When I received Paul's application, I did a double take. I'm not saying some of our more advanced Grangers don't change or can't change or won't be pulled into using new technology but I was so happy to see one had decided to be challenged in this way," Brozana Rios continued.

Another part of the program that has benefited Paul is being able to learn more about what the Grange is, and learn about differences and similarities throughout the country.

Our youngest Fellow, Loretta Nieto, 19, was one of the many to assist Paul and help him learn.



Nieto helped with the Quilt of Valor interviews for Hyland's article.

"I find it really impressive that Paul was so open minded to using technology and utilizing his wisdom in the Fellow Program," Nieto commented on Hyland's willingness to learn.

Overall, the Fellows learned that it is not about what you already know, but what you are willing to do to improve yourself for improving the Grange.



Bloomington, Minn. • November 5-9, 2019
MIDWEST REGION

VT Attorney General brings relevant insights to members

BY LAUREN LINKEMYER
Communication Fellow

Thomas “TJ” Donovan Jr. spoke at a Youth workshop on Friday morning during convention.

The discussion centered around two main themes: the issue of net-neutrality and the roles that the youth play in leadership positions.

These are closely related, Donovan said, as youth use the internet at an incredibly rapid pace, with a high level of frequency.

A tool that helps to connect us in today’s world, the internet, is not all good. Problems can occur because of the current lack of data-privacy in the U.S. and the paradoxical disconnect-effect of spending so much time in front of our screens.

“Tech has become so ubiquitous that we are losing some of our soft skills. The ability to communicate; to speak, listen, empathize,” Donovan said.

We are also losing our right to privacy, or maybe when it comes to the internet, we never had established that as a right at all, Donovan said.

Vermont is one of the five states that passed legislation about online information privacy.

Donovan said he thinks it is important to have a free and open internet and to keep corporations from controlling the information that gets shared with us. However, having states pass their own distinct policies cannot work. Instead, he said, there needs to be a consistent national pol-



Vermont Attorney General Thomas “TJ” Donovan Jr. speaks to Grangers on Friday about net neutrality and data privacy. | Photo by Matt Espenshade

icy, for continuity sake.

According to Donovan, California is laying the groundwork for states to have something similar to the General Data Protection Regulation (GDPR) that went into effect earlier this year in the European Union.

In the United States, it is expected to take until about 2020 before a similar regulations could be put in place, Donovan said.

He told the audience that Vermont sees the benefit in creating a new government position, a Chief Privacy Officer, to deal with these issues.

“Consumers should own our data. We should need to give our consent in regard to how our data is used. We should have to opt-in. Tech, while necessary, still requires there to be a balance in our community, especially with our children,” Donovan said.

Donovan also told youth he was passionate about their interest in leadership development.

“Your generation has a fearless ability to lead,” Donovan said. “We look to you now for ideas and leadership. We are looking toward young people to lead.”

Paul Hyland, an 84-year old veteran from Oregon who attended, said Donovan’s talk “was the most useful thing I went to all week.”

He said he learned a lot about privacy with companies selling people’s data on the internet.

“Being new to the internet and not really sure how it works, this is something everyone should know about, all ages should learn about this,” Hyland said. “Right now, the way this goes, companies selling our data and it is infringing on our constitutional rights.”

WINNERS from page 3

Photography (Junior)
Best of Show: Daniel Wilkins, TX

Quilt Block (Adult)
1st place Brenda Rousselle, VT

Quilt Block (Junior)
1st place Jerzey Jette, MT

Distinguished Grange Youth
Department State
New York

North Carolina
Pennsylvania
Washington

Distinguished Grange Youth
Department Subordinate/Pomona
Arcadia Grange #607, NC
Bushy Fork #1073, NC
Humptulips Grange #730, NC

Community Service
Amber Long, NC
Maryssa Yager, OR
Grace Wadsworth, PA
Megan Bach, VA

Junior Mentor
Natasha Ignacio, CT
Rylee Furr, NC
Elizabeth and Kegan Williams, OR
Megan Bach, VA
Andrew Kieffer, PA

Code Reading, Patron’s Test
Jenn Nauss, PA

Code Reading, Novice Test
1st place, Phil Vonada, PA
2nd place, Matt Horton, NY
3rd place, Mandy Bostwick, KS

Great Lakes preparing for our arrival in 2019

BY ANN BERCHER
Communication Fellow

The Midwest Region Planning Committee for the 153rd Annual Convention of the National Grange is working hard to plan an exciting experience in Bloomington, Minnesota. While you are in town, there are many other areas of interest you might want to explore. The mass transit system in the metro area is excellent using both buses and light rail. Free shuttles are available between the hotel and airport, and between the hotel and the Mall of America. Check out these sites prior to your visit. Some venues recommend purchasing tickets in advance.

Oliver Kelley Farm Tours will be occurring as part of the week's activities. www.mnhs.org/kelleyfarm

Minnesota History Center Through inspiring exhibits, thought-provoking programs, live performances, and action-packed discovery, the History Center feeds your curiosity about Minnesota's stories, people, and places. www.mnhs.org/historycenter

Mill City Museum Discover the lively Mississippi riverfront — the very birthplace of Minneapolis. Built within the ruins of what was once the world's largest flour mill, Mill City Museum is packed with fun for all ages. www.mnhs.org/millcity

James J. Hill House Explore upstairs and downstairs life in Minnesota's Downton Abbey — a 36,000-square-foot mansion built for railroad titan James J. Hill. www.mnhs.org/hillhouse

Minneapolis Institute of Art (MIA) Inspiring wonder through the power

of art. The Minneapolis Institute of Art enriches the community by collecting, preserving, and making accessible outstanding works of art from the world's diverse cultures. new.artsmia.org

Weisman Art Museum The museum on the University of Minnesota campus presents and interprets works of art, offering exhibitions that place art within relevant cultural, social and historical contexts. This unique museum was designed by Frank Gehry. Visit wam.umn.edu

Walker Art Center Internationally recognized as a leading arts venue, the Walker Art Center presents contemporary visual arts and design exhibitions; dance, theater, and music performances; and film screenings. Go to walkerart.org/visit

The American Swedish Institute A gathering place for all people to share experiences around themes of culture, migration, the environment and the arts, informed by enduring links to Sweden. www.asimn.org

The Minnesota Zoo offers all sorts of fun, educational programs throughout the entire year! mnzoo.org

Como Park Zoo and Conservatory The zoo features a seal island, a large cat exhibit, a variety of aquatic life, primates, birds, African hoofed animals and a world class polar bear exhibit. The Marjorie McNeely Conservatory has two acres under glass with a number of different wings dedicated to a variety of plant life including bonsai trees, ferns, orchids and seasonal flowers. www.comozooconservatory.org

Xcel Energy Center Venue tours showcase the many unique features of

Xcel Energy Center including State of Hockey exhibits and musical tributes, the Al Shaver Press Box, premium seating areas, the event level and more. Tours run approximately one hour as guests are guided through each of the six levels of the facility. Tours do not include access to the Minnesota Wild locker room. www.xcelenergycenter.com/guest-services/arena-tours

US Bank Stadium Get a VIP tour around U.S. Bank Stadium by purchasing tickets to one of our 90-minute tours. U.S. Bank Stadium tour guides will give you an inside look with their knowledge of the stadium and behind-the-scenes access. usbankstadium.com/tours/stadium-tours

Paisley Park Tour includes studios where Prince recorded, produced and mixed some of his biggest hits, massive soundstage and concert hall where Prince rehearsed for tours and held exclusive, private events and concerts, and Prince's private NPG Music Club. officialpaisleypark.com/pages/paisley-park-tours

Mall of America Shopping, restaurants, indoor amusement park, Sea Life Aquarium mallofamerica.com/home

To help plan getting around using mass transit, go to the Metro Transit web site. www.metrotransit.org/home

Last but not least, there are several restaurants within walking distance of the hotel including Taco Libre, Cheetah Pizza, Subway, Coffee & Bagels, TGI Fridays, Dairy Queen, Burger King, Starbucks, Jimmy Johns and Crescent Kitchen.

LETTER

Departing Junior Ambassador reflects on big opportunity

As an Ambassador I had the opportunity to travel to several Regional Conferences, and other State Conventions, where I enjoyed meeting fellow Grangers and seeing the differences and similarities between programs in different States. I did my best to promote the Junior Grange. I traveled to Washington D.C. for the Legislative Fly-In. This was a great experience listened to briefs on Grange policy, talked to a staff member of a Legislator, as well as sightseeing, and much more. I encourage you to go to other conferences, as this is a great way to learn more about the Grange and meet all kinds of Grangers.

I encourage you to participate in the programs of the National Junior Grange and I hope that you gain from them as much as I have in my time serving in the Junior

Grange. I have gained friendships throughout the nation, I have had many Grangers ready to encourage me or help me when I need them.

Now it is the time for me to hang up my sash as a Junior Granger and pick up my cape as a member of the youth department. I am looking forward to continuing my Grange work and learning from future experiences. I hope to see how the Junior Grange grows in the coming years and hope to see many of you when you join the Youth Program.

Fraternally,
Riley Reynolds
2018 National Junior Grange Ambassador



Youth Team members wear capes during their opening drill on Friday. | Photos by Lindsay Schroeder



LEFT: Pennsylvania Grange members Phil Vonada, Trimble Legislative Experience Participant, left, and Jen Beamon, right, try Masters sash on Riley Beamon on Friday. ABOVE: Youth Officer Team incorporates a cross in their opening drill. | Photos by Lindsay Schroeder



North Carolina Youth take time to play in the snow on Friday. | Photo by Jessica Horton, Communications Fellow Alumni



National Master Betsy Huber laughs as she realizes a photographer is stalking her on Friday. | Photo by Lindsay Schroeder