



The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

May 8, 2020

DON'T LET THE CONNECTION GO COLD

As we are not permitted to meet, we ask you to share these newsletters by forwarding this or printing and mailing to your Grange friends

Uncertain times and anxious minds

By Samantha Wilkins, National Junior Grange Director

All of us, I can be pretty certain of that, never thought we would see times like these.

As adults we worry about a lot of the uncertainties, will the grocery stores run out of meat? Will the prices go sky high? Will I still have my job next week? Or if we are out of work the worry about when we will get to go back to work? We are concerned about our elderly members and those with compromised immune systems. We worry about what the next White House briefing will say.

We worry! It is our new normal, and that is ok for what it is.

We take these times one day at a time. We try to obey each and every new regulation that seems to be changing on a daily basis. I know personally I have spent many nights worrying. I have worried about mine and my husband's jobs, the Grange building, our health, my parents health, but I think more than any of that I have worried about my children.

Yes, these times are extremely uncertain, things change from day to day-- heck, even hour to hour. But as adults we can process that a bit easier. These times are unlike any we have ever faced and our children can sense and feel our worry more than we usually give them credit for. Typically when I am stressed over something I talk to my husband or call my best friend to vent. That's the easy thing to do. Children don't have that out as easily as we do. We can express ourselves. In the early developmental years children are still trying to process and understand their thoughts, never mind them actually trying to vocalize what they are feeling.

As our routines have changed here are some tips and tricks to help your children cope with an anxious mind:

- **Have them write in a journal- write one sentence a day about their day or their feelings.**
 - If unable to write they can draw a picture to emulate their feelings.
 - They can also use their devices to create a video journal- one minute a day.
 - This video by the Atlantic is a great representation of how a video journal could be. The focus is on kids during the Pandemic:
<https://youtu.be/kLOZ4KcEJtc>
- **Set up a zoom meeting (or other virtual video platform) for a time to meet with their friends and/or their family or even with their Junior Granges.**

- If you are unsure how to set up a meeting visit the link to the Communications Department guidelines on how to set up a virtual meeting.
- Children that also play video games can connect with children from their school or other family members to play a game and chat.
- **Find a fun indoor activity to do as a family.**
 - Participate in the Junior contests (and Junior at Heart contests)
 - Play a board game together
 - Build a fort for a family movie night
 - Have them help you bake a special treat to deliver to a neighbor
 - Create or do a Junior Grange Passport
 - Possibilities are endless
- **Find an outdoor activity to do as a family.**
 - Plant a garden/flower bed
 - Hunt for worms
 - Blow bubbles
 - Create an obstacle course
 - Just being outdoors together is good for the mind, body, and soul.

As parents and grandparents/caregivers we do everything we can to protect our children. In order to protect our children from physical harm, we buy car seats, we childproof everything, we teach them to swim, and yes; we hover. How though, do we protect our children against future anguish? For that matter, what do you do if your child seems overwhelmed by life in the here and now?

I am not a child mental health expert, but I have taken a line from our school guidance counselors, teachers, pediatricians, and even my own observations as a mom of four crazy and rambunctious boys.

My children range in ages from 5-13, meaning that they cover a broad spectrum of differences as well as the entire Junior Grange age range. None of us have the absolute answers but if your child is showing any signs of anxiety or depression we recommend you not only reach out to your family physician but also contact your school/school district's guidance counselors. There are so many ideas and ways that they can advise you in order to be able to help your child. Begin with the following:

Things you must do:

- Turn off the News
- Limit time on the computer or other devices
- Talk to your children-
 - Ask them pointed questions
 - How are you feeling?
 - Are you worried about anything?
 - What makes you happy?
 - Etc.
 - Our family does this at dinner- we go around and tell our highs and lows of the day. We have changed this a bit to ask more pointed questions like the ones above.
- Put away all devices and spend time together not focused on work or school.

- Most of all be HONEST with your children. If they ask about the pandemic answer their questions.
 - Studies have shown that parents who were more open and honest about a crisis (personal or national) like 9-11 or the Boston Marathon Bombings had children who grew up to be less anxious as young adults. Parents that were not open and honest had children that suffered more with different forms of anxiety and depression.

Note to Parents/Caregivers- You are doing good -no you are doing great! These times are hard and frustrating for us all. Below is a list of reminders put together by a local school district that serve as important reminders for parent/caregivers:

- I am not homeschooling. I am doing my best to help my kids learn at home during a crisis.
- I cannot be as productive as normal because these are not normal times. I will focus on what I can accomplish in just the next 24 hours and let go of what I cannot accomplish right now.
- Now is not the time to clamp down and control my child's day. Now is the time to collaborate with my child on a schedule that works for the whole family.
- It is okay if my schedule does not go as planned every day. Every day is an opportunity to fine-tune what is working and eliminate what is not working.
- My child is not giving me a hard time; they are having a hard time.
- Behavior is communication, and my child is "telling" me they need support.
- The teachable moment about behavioral expectations is never in the "heat" of the moment. I must calm my child through empathy first, then find strategies to help them cope with their strong feelings.

Understanding these times is difficult for all of us; know that your Grange family is here for you during these times. If you have a question or concern or comment you would like us to address please feel free to reach out to me at Samantha@nationalgrange.org

National Grange releases a guide to "distance meetings"

*By National Grange Communications & Development Director
Amanda Brozana Rios*

On May 1, the National Grange released a guide to "virtual meetings" or meetings at a distance, which includes visual, step-by-step instructions for establishing meetings and etiquette information for these type of meetings. The guide also has some suggestions about running a meeting in this format.

"Every member can participate, so long as they have at least a land-line phone," National Grange President Betsy Huber said. "The numerous options and detailed instructions included in the guide should help anyone feel comfortable establishing a meeting or social event for their Grange to remain connected at this time."

You can download the guide to set up your meeting at a distance with phone and video conference options so anyone can attend. The guide is available at:

<https://www.nationalgrange.org/wp-content/uploads/2020/05/Grange-Virtual-Meeting-Etiquette.pdf>



New week brings new topics of discussion, entertainment, education through daily live 'Cultivating Connections' events

By National Grange Communications & Development Director Amanda Brozana Rios

The National Grange is preparing for another week of daily livestreams on Facebook and YouTube with many new faces and topics, sponsored by Grange Foundation.

In addition, we will hold a trivia night event on Friday, May 8 starting at 9 p.m. Eastern. Everyone will be assigned a team and most questions are general knowledge. There will be a few Grange questions per round. Prizes will be awarded for the top three teams. You are asked to pre-register and arrive in the Zoom room by no later than 9 p.m. Eastern. Pre-register at <https://form.jotform.com/201207760156044>. While many people are staring at another week without plans, this is a great event to invite friends to attend who are not members. They may enjoy the activity, even if they are still sheltering in place.

The schedule of live videos is as follows:

4:30 p.m. Eastern Friday, May 8 - Introduction to ASL/Deaf Culture (Lesson 5)
8:30 p.m. Eastern Saturday, May 9 - Date Night In 6.0, a virtual Grange talent show
8 p.m. Eastern Sunday, May 10 – Granges inspired by the closing charge to feed the hungry
7 p.m. Eastern Monday, May 11 – Optimizing your Facebook Experience
4 p.m. Eastern Tuesday, May 12 – The State of Rural Health with National Rural Health Association CEO Alan Morgan
4 p.m. Eastern Wednesday, May 13 – Legislative Update with Burton Eller
7 p.m. Eastern Wednesday, May 13 – Play BINGO with PA State Grange (contact Lizzie in advance at publicrelations@pagrange.org or 717-254-9550 to get BINGO cards)
4 p.m. Eastern Thursday, May 14 – Lifeline as an essential Program
4:30 p.m. Eastern Friday, May 15 – Introduction to ASL/Deaf Culture (Lesson 6)
8:30 p.m. Eastern Saturday, May 16 - Date Night In 7.0, a virtual Grange talent show
TBD Sunday, May 17
Noon Eastern Monday, May 18 – BINGO with NC State Grange. Contact Jessica for card and details at jlhorton@ncgrange.com

All livestreams are available at any time after the close of the event at facebook.com/nationalgrange/live or on our YouTube channel. If you have suggestions or questions, contact Amanda at communications@nationalgrange.org

Praying for the Farmers and Ranchers

*By Gordon Stone, Executive Vice President, National Young Farmers Educational Association
Reprinted with Permission*

Within ten or so days, we have seen our world change dramatically. The COVID-19 crisis has invaded our country. We are making daily choices to protect ourselves, families, friends, colleagues and even people that we may not know. We are observing our local, state and national governments working together. We listen daily to departments of government give status reports.

We are becoming keenly aware of the relationships between business, university and governmental research. We are recognizing the power of neighbors, and community is becoming a more meaningful term.

Entertainment and sports are changing daily. Even public education from Pre-K to Ph.D. is adapting to a new dynamic. Lifestyles are changing. Social media and technology are being used for connecting. Churches are holding virtual services. Restaurants are serving drive-thru meals and take out only.

If people leave home, they are practicing social distancing, putting more emphasis on cleanliness and choosing to not mix in groups of ten or more. Many people are beginning to prepare for sheltering in place. They are changing their purchase choices. For example, people are buying what they need to stay at home and still maintain as much normalcy as possible. Food shelves in grocery stores are being emptied, hand sanitizer is disappearing and toilet paper is being purchased in massive volumes.

For many years, I have believed that most of our necessities are the direct and indirect result of what is produced on our farms and ranches. Now, I am seeing with my own eyes. The important work of the farmer and rancher is more obvious today than ever. Americans are dependent on products from our farms and ranches. Commodity, livestock and food processing companies are providing the goods that people are making top priority. I have visited grocers over the past ten days and the shelves are being emptied, replenished and often emptied again. Leaders at every level are encouraging consumers not to panic. They are saying “there is plenty of food.” We, as America’s producers and agri-business leaders, know that the food and fiber supply is secure.

It is the awareness that this food is produced by a vulnerable American farmer and farm family that makes this story important. America is fully prepared to meet the important food and fiber needs of its population, as long as the farmer and rancher is protected. We encourage everyone to be smart (turn to reliable, science-based sources like the CDC), practice safety (social distance, wash hands, stay out of group settings) and remain confident (trust our nation’s EMA officers, healthcare systems, service providers, leadership teams, local businesses, etc.)

I am proud to be a part of this industry! I love my family and friends in agriculture and I pray that they stay as safe as possible. In my family, we believe that God is sovereign and He will never fail to hear our prayers. With this in mind, we are committed to continuing to pray for everyone involved, especially our nation’s farmers and ranchers. America needs them!

MEMBER BENEFIT: MetLife Auto and Home Insurance

MetLife Home and Auto – Just for being a member of the Grange, you can get special group discounts on auto insurance from MetLife Auto & Home®. Call today for your free quotes. You could save up to 15% automatically with your member group discounts. Call 1-877-491-5089 (not available in Washington, Oregon, California, Colorado, Idaho, Montana, Wyoming, and North Carolina.)


SUPPLY STORE

SALE ITEM

GRANGE GREETING CARDS, SET OF 10

Mixed set of cards including: Thinking of You, Anniversary, Happy Birthday, Congratulations and Wedding. Was \$5 for a set of 10 cards and 10 envelopes. Final markdown price \$2.50 for a set of 10 cards and 10 envelopes.

GRANGESTORE.ORG



ARE YOU CASHING IN ON ALL THE SAVINGS YOU'VE EARNED?

Stay updated on your Grange member benefits

The February 2020 Update of the Member Benefits brochure is available for download. To see the full list and get all applicable codes, log onto the member side of the website.

DEADLINE TO SEND INFO FOR GRANT – JUNE 5, 2020



WE'RE IN THIS together

Did you know...
Your Grange's good work during the COVID crisis could net it a \$100 grant.
 Information can be found at grangefoundation.org/grants

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Grange Foundation "We're in this Together" Grant Submission

Form for chartered Subordinate/Junior Granges to report Community Service performed in response to the COVID-19 crisis

ELIGIBILITY

All chartered Subordinate or Junior Granges in good standing may use this form to submit information about ONE project your Grange did as a whole or Grange members did independently (if they reported it to your Grange and mentioned in their donation/work that they were part of your Grange).

WEB OR MAIL SUBMISSIONS

Online submissions may be made using the form found at bit.ly/gfgrant20web

Submissions may be made by mail using the form found at bit.ly/gfgrant20mail

DEADLINE

All submissions must be received by June 5, 2020. Mailed submissions must arrive at the National Grange, Grange Foundation Office, by June 5. Submissions made online must be received by 11:59 p.m. Eastern June 5. <https://bit.ly/>

ONE SUBMISSION PER PROJECT

Please ensure there is only ONE submission per project per Grange (designate a reporter to ensure no duplication is made).

Example of ONE PROJECT

- 3 different members of your Grange made 100 masks and 50 ear protectors (button/elastic creations that mask elastic could be attached to) over a two week period and donated to 2 different places - nursing home and fire station.

Example of MULTIPLE PROJECTS (use multiple forms to submit EACH project)

- 3 different members of your Grange made 100 masks over a two week period and donated to 2 different places - nursing home and fire station
- Donated hot meals to volunteers (could be at the same location as your mask donation, for example, but it is clearly a different need, therefore a different project)
- Grange members made ear protectors and donated those as well to first responders (again, could be to same group, but this is meeting a different, though related, need).

GRANT AWARDS

Each entry will be placed into a drawing - to be pulled June 9, 2020 at the Grange Foundation Board meeting - to receive a \$100 grant from the Grange Foundation to YOUR GRANGE (individuals will not receive checks and grant provided should not be used to reimburse individuals). Granges who receive a grant will be notified by email after the June 9 board meeting and will receive a check in the mail in the name of the Grange soon thereafter.

Grange Name and Number *

Grange State *

Contact name *

Contact office/position in Grange

First Name

Last Name

Ex. Master, Secretary, Community Service Director/Project Lead

Contact email *

Phone Number *

example@example.com

Area Code Phone Number

Grange address for mailing *

Grange Total Membership

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

Project Date Range

Approximate Start Date



Month Day Year

Approximate Completion Date



Month Day Year

Project details

Type of project *

Food Service (purchased or Grange-made take-out or delivery meals, creation of GRANGE RUN food bank, etc.)

Mask/PPE making (including "ear helpers, donating purchased PPE, etc.)

Connecting Community/Social Isolation Abatement (ex. card-drive, call chain, physical posting of positive message/signs, web-based BINGO/community engagement programs, etc.)

Educational Assistance (educational packet creation, web-based lessons teachers could use for classes, etc.)

Location-based service (hosting food bank, COVID testing site, open wi-fi network, etc.)

Please describe your project (400 words, max) *

0/400

Publicity surrounding project

This could be materials your Grange created or coverage of your project by local media, town newsletters, kudos posted on social media from recipient group or local official, etc.

Link to project information

OPTIONAL: Website, Facebook, news coverage, other

Additional Link

OPTIONAL: Other news coverage, Facebook post, etc.

Disclaimer and Permission

By submitting this information, you are authorizing Grange Foundation and the National Grange to include details about your project in all communications products of the organizations. These include but are not limited to our websites, Good Day! magazine, our social media accounts, the Patrons Chain e-newsletter, and other venues.

For more information, you may contact Joan Smith, President of the Grange Foundation Board of Directors, at ngfb@grange.org. You may also contact Foundation Associate Amanda Brozana Rios by phone at (301) 943-1090.

You may submit the grant form found at bit.ly/gfgrant20mail by mail to Grange Foundation, 1616 H St., NW Suite 1100, Washington, DC 20006.