



The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

HAPPY JUNIOR GRANGE MONTH!

July 24, 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

President's Message: Action needed on support of whole milk in schools

By Betsy E. Huber, National Grange President

I hope you all received our Action Alert last week about the national dietary guidelines report, when we asked you to request Congress to delay release of the 2020–25 Guidelines to allow more time to study updated scientific reports.

The Congress and the Dietary Guidelines Advisory Committee did not heed our requests and released their report last Wednesday. It includes good news and bad news—

Good news: Americans need more dairy in their diets. Regular dairy consumption offers essential nutrition throughout peoples' lives.

Bad news: 88% of all Americans and 79% of children fall short of dairy consumption recommendations.

Good news: The committee recognized milk as a nutrient-rich beverage that contributes positively to potassium, calcium, phosphorus, magnesium, vitamins A & D and others.

Bad news: Low-fat and nonfat dairy foods are recommended. The committee failed to recognize newer science that shows the benefits of dairy foods at all fat levels.

Good news: Yogurt and cheese and eggs are recognized as healthy options for infants and toddlers.

Bad news: consumption of red meat is still discouraged in favor of a plant-based diet.

The report of the Dietary Guidelines Advisory Committee is a recommendation to the USDA and the Department of Health & Human Services. The agencies are accepting written public [comment](#) on the report through August 13, 2020, and will hold a virtual [public meeting](#) to hear comments August 11, 2020. USDA and HHS intend to release the 2020–2025 Dietary Guidelines for Americans by the end of December 2020.

You can still comment on the report by clicking on the comment link above and typing in the information. These Guidelines are very influential in the National School Lunch Program and the SNAP (food stamp) program, so please make your voice heard! National Grange policy strongly supports allowing whole milk to be served in schools.

Regional Contests Go Virtual; Winners Announced

By Mandy Bostwick, National Grange Youth Leadership Development Director

Regional contests had a definite different look and feel this year.

In Mid-May President Betsy Huber canceled National Grange Staff travel and strongly urged the states that were hosting the regional conferences this year to cancel the in-person conferences. Each of the states felt that it was in their best interest, during the ongoing pandemic, to cancel. While regionals was cancelled across the U.S. President Huber did postpone the rotation of host states to give the state another chance to host in 2021.

National Junior Director, Samantha Wilkins, and I worked to put together a contingency plan for Grangers in all regions to still have the opportunity to compete in the Youth/Young Adult or Junior Prepared Speech contest, Sign-a-Song contests, and Junior short story contest.

A new category this year was also held for those Youth/Young Adult members applying to be their state Ambassador or Young Patron representative. This is a new stipulation for anyone that is applying for National Youth Ambassador or Young Patron.

We had several Grangers from the regions compete in the various categories and present their speeches to the judges via Zoom. Best of Show winners were selected from each region and will present at the modified National Grange Evening of Excellence in November.

Our second annual Grange Baseball tournament for, Juniors and Youth/Young Adults, will be held sometime in September with sign ups starting in August. Full rules and virtual modifications will be released at the time of sign up. We look forward to hosting Grange Baseball in the near future, so get ready to ball!

<p>2020 Virtual Regional Contest Participants and Winners</p> <p>SIGN A SONG JUNIOR AND YOUTH CATEGORIES</p> <p>Northeast Region</p> <p>Adam Terrell (Youth Hobbyist)- New Hampshire*</p> <p>Britney Mercado (Youth Novice) - New York</p> <p>Elizabeth Van Kleeck - New York</p> <p>Great Plains</p> <p>Jazlyn Rodriguez (Junior Novice) - Texas*</p> <p>Kimber Newman (Junior Novice) - Kansas</p> <p> </p> <p><small>*Indicates Best of Show and qualifies for National Grange Evening of Excellence</small></p>	<p>2020 Virtual Regional Contest Participants and Winners</p> <p>PREPARED SPEECH YOUTH/YOUNG ADULT/YOUTH ALUMNI</p> <p>Great Plains Region</p> <p>Molly Newman (Prepared -Young Patron)- Kansas</p> <p>Vince Newman (Prepared -Young Patron) - Kansas</p> <p>Lori Wuest (Prepared- Youth Alumni) - Texas</p> <p>Midwest Region</p> <p>Emma Edelen(Young Adult Prepared) - Iowa*</p> <p>Connie Powell (Youth Prepared)- Ohio</p> <p>Amber Corll (Prepared-Ambassador)- Ohio</p> <p> <small>*Indicates Best of Show and qualifies for National Grange Evening of Excellence</small></p>
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Summer issue of Good Day! will Start to Arrive in subscribers' Mailboxes next week; Digital Editions and Subscription option now available

The Summer issue of Good Day! is off the press and in the mail. Subscribers on the East Coast should begin seeing the issue in their mailbox around the first of next week.

This issue features the work of many Granges around the country doing things to help their community in a time of the COVID crisis. The main feature uses the 100th Anniversary of women's suffrage to tell a story about the movement, the Grange's involvement and engagement with the issue and the Grange's own policy of inclusion that helped embolden some well-known suffrage advocates along the way. Written by member Carolyn Ostrander, who did her doctoral research on women in the Grange and the Grange's greater contributions to American society, the piece also helped to inspire the newest Junior Passport looking at women's suffrage with a fun activity that all Granges could enjoy.

Also, when you get your copy, you will see a five-digit code above your mailing address. You can use this code to check your Good Day! subscription by going to nationalgrange.org/gooodday and clicking on "Verify my Subscription."

You will see when your subscription is set to expire and be able to renew right from that page.

If you are an active subscriber and do not receive your Summer 2020 issue by mid-August, you should first alert your local postmaster that you are a subscriber to a magazine called Good Day! and you expect it to be delivered when sent. It is not a catalog that should be held by USPS indefinitely. Then, you can contact National Grange Communications Director Amanda Brozana Rios who can arrange for a replacement if necessary.

Until now, the magazine has been available as a print-only publication through its first 12 issues. However, all issues, including the new 13th edition of the magazine, are all now available for purchase and to read on digital-readers, tablets or your computer.

“Don’t worry,” Brozana Rios said. “Print isn’t going anywhere. We’re committed to continuing to publish a print edition of the magazine for all who don’t have the internet or prefer to read a physical paper product rather than on-screen.”

She said both print and digital subscriptions are \$16 annually and physical copies of current or back-issues of the magazine are \$5 plus shipping, while back-issues or single-copy sales of the digital version are \$5 with no shipping charge.

Brozana Rios said anyone can subscribe to the digital version directly through the site – issuu.com/grangegoodday – noting that digital subscriptions are not handled by the National Grange staff.

“All aspects of the digital edition are handled through the website, including paying for the single-issue copies or subscriptions for future editions,” Brozana Rios said.

She also stressed that print subscribers could not switch to a digital subscription for the remainder of their subscription. “These are two totally different services with the same high-quality end-product to the consumer,” Brozana Rios said. “If at the end of your print subscription, you’d like to have a digital subscription instead, you can go directly to the website to sign-up, but because these are two different systems, we cannot make a change mid-subscription.”

Brozana Rios said many Granges voted to purchase a subscription for their Grange, and because of that, the department is making available to any active subscriber with an email address on file the digital edition of the Spring 2020 and Summer 2020 issues so they can share copies with their members in a timely fashion if they are unable to meet in person.

She said in the coming week, active subscribers who have provided their email address will receive an email with a link to the digital editions and information on how to access using that link. The link includes a free code, she said, so there is no need to pay for something the Grange has already purchased. If you are a subscriber and do not receive information by August 1, please contact Brozana Rios at communications@nationalgrange.org and you will receive a reply with the information once your subscription has been verified.

“We hope this helps our Granges stay connected and they appreciate our efforts to ensure good stewardship of their financial resources,” Brozana Rios said. “Some members may get to see the magazine at length for the first time and decide they’d like to subscribe to the print issue for themselves or maybe to the digital version.”

Brozana Rios stressed that subscribers can share with their fellow members this link and details on how to access.

“If your Grange has subscribed, we want them to get what they paid for. We also encourage you to use these two issues to show off what it means to be a Grange and why Grange membership is such a joy by sharing the link with those you would otherwise share a print copy with – friends, neighbors, those you’ve asked to join your Grange recently,” Brozana Rios said. “As things return to normal, we will not be widely sharing this access and will require that people subscribe and receive either their own digital access code or subscribe to the print edition, but until then,

we hope this is something that can help keep our Grange family together and proud of their membership.”

Brozana Rios said for those who have not subscribed in the past or whose subscriptions have lapsed can purchase a single print copy of the magazine by contacting Loretta at sales@nationalgrange.org or by phone at (202) 628-3507 ext. 109. They can also purchase the single-issue of Summer 2020 Good Day! magazine, back issues or subscribe and receive as their first issue the Summer 2020 edition by going to issuu.com/grangegoodday today.

“This is great for someone who hasn’t been a subscriber for very long – you can see back-issues and purchase them digitally or you can figure out what issue you missed and contact Loretta to buy a print copy of ones missing from your collection,” Brozana Rios said.

The graphic features a wooden background. On the left is a logo with a handshake inside a shield, with the text 'Cultivating Connections' and 'GRANGE' below it. To the right, the title 'Cultivating Connections Live Event Schedule' is written in a large, white, handwritten-style font. Below the title, in smaller white capital letters, is the text: 'AVAILABLE TO VIEW LIVE STARTING AT THE TIME LISTED OR ANYTIME THEREAFTER ON FACEBOOK.COM/NATIONALGRANGE OR YOUTUBE.COM/NATIONALGRANGE OR'. At the bottom of the graphic, it says 'SPONSORED BY GRANGE FOUNDATION'. Below the graphic is a table with three columns: Date, All times Eastern, and the event details.

Date	All times Eastern	
Tuesday, July 28	@ 7 p.m.	Introduction to using Instagram for your Grange with Johanna Huber
Wednesday, July 29	@ 3 p.m.	Legislative Update by Burton Eller
Thursday, July 30	@ 3 p.m.	Bryce Danko, Junior Ambassador, on fire safety

All livestreams are sponsored by Grange Foundation and available at any time after the close of the event at facebook.com/nationalgrange/video or at youtube.com/nationalgrange.

If you have suggestions or questions, contact Amanda at communications@nationalgrange.org

VIRTUAL MEMBERSHIP WORKSHOPS, OPEN TO ALL, TO BE HELD

By Joe Stefenoni, National Grange Membership and Leadership Development Director

The first two virtual membership programs “Growth Through Action: Planning the Future for Your Community Grange.” Will be presented on Saturday August 15 & Saturday September 19.

Each program will be presented as a Zoom webinar and will begin at 12:30 p.m. eastern (11:30 a.m. central, 10:30 a.m. mountain, 9:30 a.m. pacific) and last approximately three hours including a short break in the middle.

Participants will be emailed the accompanying worksheet the day before. A feedback survey will be sent to participants after the webinar has concluded.

This program is excellent for Community Grange members are leaders who are interested in taking the first steps of strategic planning for their Grange and sparking new ideas for

membership development. The material from this program has been developed based off previous internal strategic planning materials, information and recommendations from the Action Grange program and curriculums from external sources.

To register follow this link <https://form.jotform.com/202015073739147>

MEMBER BENEFITS: CVS Caremark

RX Pharmacy Card provided by CVS Caremark (also for pet prescriptions) –program offers the RxSavings Plus Card, a NO FEE exclusive benefit to National Grange members that is not offered to the public. The RXSavings Card allows members to go to almost any pharmacy. Unlike other savings plans, the CVS-Caremark program applies to 99% of prescription drugs. Save on Lipitor, Viagra, Plavix, high blood pressure medications and thousands more—even pet medications! For the Rx Card Program, go to <http://nationalgrange.rxsavingsplus.com>.



If your pet has been prescribed a medication, you may get a discount with the RxSavingPlus Prescription Discount Card at a participating pharmacy. During your pet's examination and ask if the treatment plan they are recommending includes medications that are also used to treat human conditions. If so, you can request a written prescription from your veterinarian instead of the veterinarian clinic providing the medications.



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