



The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

AMERICAN HEART MONTH



GRANGE CAN BE YOUR FOUNTAIN OF YOUTH

According to the CDC, feeling connected with others and having positive, close relationships benefit our overall health, including blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

February 5, 2021

Heart Health Month

By Betsy Huber National Grange President

Today, February 5, is Wear Red Day for Heart Health Month. How is your heart? Heart disease is the leading cause of death in the United States. Research shows more than 600,000 Americans die of heart disease each year. That's one in every four deaths in this country.

Due to the COVID-19 pandemic, focusing on your heart health has never been more important. Health officials say people with poor cardiovascular health are at an increased risk of severe illness from COVID-19. Health experts suggest preventing heart disease by choosing healthy habits. That involves exercising and keeping a healthy weight and diet.

According to the CDC, heart disease is also the leading cause of death for women in the United States. Despite increases in awareness over the past decades, research shows, only about half of women recognize that heart disease is their number one killer. Although some women have no symptoms, others may have:

- Angina (dull and heavy or sharp chest pain or discomfort)
- Pain in the neck, jaw, or throat
- Pain in the upper abdomen or back

These symptoms may happen when you are resting or when you are doing regular daily activities. Women also may have other symptoms, including nausea, vomiting and fatigue. Exercise and eating right to lower your LDL cholesterol are the best ways to improve your heart health.

How is your heart? I mean your emotional, spiritual “heart”? It’s easy to get depressed and down in the cold, dark days of winter. I encourage you to find something to be thankful for each day. It doesn’t need to be something big—I am inspired by beautiful sunsets and sunrises, ice sparkling on the trees, the beautiful faces of the many newborn babies we see recently with our Grange young adults who are starting families. When you awaken each morning, thank God for allowing you another day and look for the little things to appreciate around you.

If you find yourself feeling down, make that effort to call a fellow Grange member just to check in and talk. That will brighten your spirits and improve your “heart” health.

New Faces at the National Grange

By Kennedy Gwin National Grange Intern

The National Grange would like to take the time to welcome four new interns to our team! Our interns come from all over the U.S. and are all currently students at Baylor University and the State University of New York.

Our first intern is Valerie Stewart. Valerie Stewart is a junior pre-medical student at Baylor University who is studying biology and international studies.

Stewart grew up learning about agriculture from her grandparents, who owned a small ranch in Huntsville, Texas. She spent much of her childhood helping with the livestock and working in her family's garden. Her 11 years as a Girl Scout further exposed her to the outdoors and gave her an appreciation for community service.

During her time at Baylor, Stewart has held a position on the service committee of her chapter's American Medical Women's Association and worked with the nonprofit Unbound, teaching human trafficking prevention courses at schools. She has volunteered with the food pantry, Caritas of Waco, and the Meyer's Community Center, a free health clinic. Through these organizations, and her experience as a pharmacy technician, Valerie has witnessed the complexities of health policy and how it intersects with an array of issues. Stewart is also an active member of Baylor's Model UN team where she spends time developing her public speaking skills as well as her policy writing skills.

Stewart is eager to join the Grange staff so that she can expand her knowledge of rural-focused health policy. She is excited for the opportunity to work in advocacy and policy development, for she plans to work as a family physician in rural communities in the future.

Next is Lindsey Sather from Chicago Illinois. Lindsey Sather is a sophomore at Baylor University. She is studying International Business and Management Information Systems with minors in Political Science and Military Studies.

Sather grew up in a suburb of Chicago, Illinois, and spent much of her time on her grandfather's farm in Indiana. It was this time spent helping on the farm during which she learned both the joys and challenges faced by the rural community.

Throughout her three semesters at Baylor, Sather has been an active member in Baylor Women in Business, the Certificate in Global Engagement program, and Alpha Lambda Delta Honor Society. She serves as New Member Education Chair for her co-ed service fraternity, Alpha Phi



Omega. Through this organization, she has actively participated in serving her Waco community at a local middle school and the Salvation Army.

Sather has previously interned at Aspen Group, an architectural firm specializing in designing church buildings. There, she wrote a book of standards, gaining writing and research experience that she is eager to apply in her internship with the Grange. She is excited to join the Grange to learn more about agriculture-focused policy and contribute to advocating for rural families.

Next is Claire Loker from Walton New York. Claire Loker is a senior in the Agriculture Business Development program at SUNY-Morrisville. Loker will be working remotely with National Grange as a new intern in January, then will be joining on-site in Washington, D.C., in May.

Loker was an active member of the FFA throughout high school and continued to grow her passion for agriculture through FFA. During her time in FFA, she competed in Career Development Events, served as her chapter's president and worked with her community with many different service projects.



Loker on her campus is currently involved with Dairy Club and Collegiate FFA. Within her Collegiate FFA she serves as president and represents the college at the National FFA Convention and Expo each year. She recently earned her American FFA degree and has earned it through many years of service to FFA and hundreds of hours dedicated to the organization.

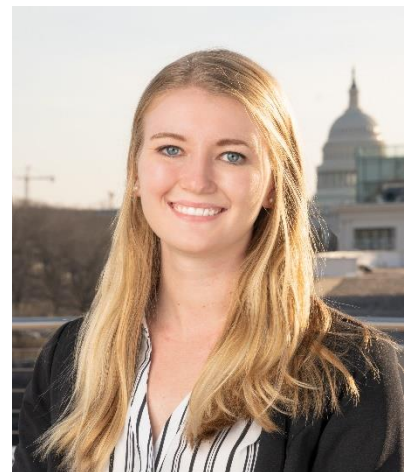
Loker has previously worked with the SUNY-Morrisville marketing department and is involved with posting and sharing posts on social media for the Agriculture Business Department. Loker is a founding member of her college's NAMA chapter (National Agri-Marketing Association) and will be starting a position with the SUNY-Morrisville admissions this spring.

Loker's long-term goal is to be an Agricultural lobbyist in Washington D.C., where she can advocate for farmers in rural America.

Our final intern is Claire Wubben. Wubben is a junior at Baylor University majoring in liberal arts with an emphasis in Political Science, English, and French.

Wubben is from Ankeny Iowa, and grew up surrounded by corn and soybean fields alongside, and has spent too many times stuck behind a tractor slowly driving down the streets of her hometown.

Wubben is a member of several highly selective programs and organizations on campus including the Honors Program, the Baylor Interdisciplinary Core (BIC), several honors societies, the Baylor Chamber of Commerce, and most recently the Baylor in Washington Semester Program. In addition to having a place on the Dean's List every



semester, Wubben has worked to expand her horizons and experience by volunteering at a local elementary school, taking a course on how to lead public deliberation, and gaining a Global Experience Certificate, all while working on campus as an intern in the Donor Relations department.

Wubben has spent the last two summers interning for Farm Bureau Financial Services, and it was from her time working there that she got to see on a first-hand experience of those who live in rural areas. After experiencing the derecho storm that swept through and decimated Iowa this last summer and assessing the damage that had occurred to rural America.

Wubben says that she is so excited to join the Grange staff this semester so that she may expand her knowledge of the legal ways that small advocacy groups can gain attention and aid.

We are excited to spend the spring working with these amazing young women and look forward to their contributions to the Grange.

The National Grange 2021 Roster

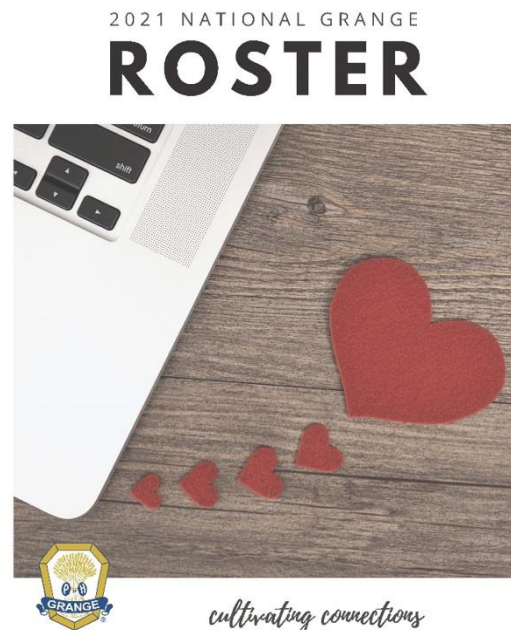
The National Grange Roster for the 2021 year is now available in both a printable and digital versions. Links are attached below.

Digital Version:

<https://www.nationalgrange.org/wp-content/uploads/2021/02/2021-digital-roster.xlsx>

Printable Version:

<https://www.nationalgrange.org/wp-content/uploads/2021/01/2021-ROSTER-LARGE-EDITION.pdf>



EPA and USDA Hearings

By Sean O'Neil

On February 2nd and 3rd, the Senate held nomination hearings for the important cabinet positions of Secretary of Agriculture and EPA Administrator respectively. For Secretary of Agriculture, President Biden nominated former Obama-era Secretary of Agriculture and Iowa Governor Tom Vilsack, who had his hearing in the Senate Agriculture committee, and for EPA administrator Biden nominated current North Carolina Secretary of Environmental Quality Michael S. Regan.

The defining feature of Secretary Vilsack's hearing was a spirit of bipartisanship and comity from Senators of both parties. In fact, to begin the hearing both the Chair and Ranking Member of the committee made it clear that they wanted to expedite Secretary Vilsack's confirmation process so that he can begin work immediately. Throughout the hearing, Republican Senators most significant concern came in regards to potential environmental regulations, particularly with regard to the Waters of the United States (WOTUS) Rule. At the same time, Democratic Senators placed a greater emphasis on the need for action regarding climate change, racism in agriculture, and food assistance programs under the purview of USDA. Despite these differences in emphasis, Senators Stabenow and Braun both made clear that they expected to pass their bipartisan Growing Climate Solutions Act, which seeks to provide funds and assistance to farmers who voluntarily take conservation actions, during this Congress. Yet more, Senators of both parties expressed concerns over issues such as trade, innovation, and many more state-specific agriculture issues.

In the Senate Environment and Public Works Committee hearing for the nomination of Michael Regan to be EPA Administrator, Senators were notably more combative, but nevertheless were generally pleased with Regan's answers. Specifically, Republican Senators expressed wariness and dissatisfaction with President Biden's announced climate proposals and executive orders, although they were pleased to hear that Regan planned to bring in stakeholders and listen to many parties when forming rules. One area of notable concern for agriculture, was Regan's discussions of the WOTUS rule, in which he indicated that the Biden administration did not plan to return exactly to the previous rule under former President Obama, but would also not maintain former President Trump's current rule. Instead, Regan indicated that he would consult with many interested parties and seek to create a rule somewhere in between which allows for more state-level flexibility and provide outreach and technical assistance to affected groups. As well, Republicans highlighted an endorsement of Regan from twenty national agriculture groups as a heartening sign. For their part, Democrats did not spend much time questioning Regan about agricultural issues, with the exception of concerns raised by Senator Booker over the rights of farm workers and Senator Duckworth on the importance of biofuels.

Altogether, both Secretary Vilsack and Secretary Regan are likely to be confirmed within the next week or so, and will likely be key components of implementing President Biden's climate agenda as it relates to agriculture and more.

GRANGE PROGRAM IDEA

VIRTUAL OR
IN PERSON

The National Grange Communications and Membership Departments have teamed with the Grange Youth and Junior Grange departments to create a program called **"Love Letters to the Future of the Grange."** Notes will be collected and saved in a time capsule. Select notes will be released every few years, and all contents will be fully released in 2050.

At an upcoming meeting, encourage every member to write a short note or letter to those who will be Grange members in 2050. Take time to talk about what your hopes are for the Grange of the future and what you'd like them to know about your Grange experience that will make them fall in love with the organization.



DEADLINE TO BE INCLUDED IN TIME CAPSULE: 155th Annual Convention

SEND TO: National Grange, 1616 H St NW, Washington, DC 20006. ATTN: Amanda or

A FEW GREAT MENTIONS

This is a new section we will include each week with a few of the links to articles in which the local, State or the National Grange have been mentioned or our statements have appeared.

- Prioritize Health Options for rural Washington, Washington State Grange,
<https://www.spokesman.com/stories/2021/feb/03/tom-gwin-prioritize-health-options-for-rural-washi/>

GRANGE COMMENTS ON WEEKLY ITEMS OF INTEREST

In this section, we include quotes from the week prior made about a policy issue or current event by National Grange President Betsy Huber or other Grange leaders for inclusion by media or to spark interest in the rural perspective.

- Betsy Huber was quoted about Rosenworcel's potential as Chairwoman of the FCC,
<https://www.agri-pulse.com/articles/15207-acting-fcc-chair-the-digital-divide-is-very-real-and-very-big?fbclid=IwAR0WMMASJhqS5J1M7us0Y6SwMpdUVpsKQFTRMxOUs36lfH9eToVMZYGXhSQ>
- Betsy Huber was quoted again discussing how perceptions of agriculture have continued to change through out the U.S., <https://wtaq.com/2020/12/21/the-perception-of-agriculture-is-changing/>

GET READY FOR THE 155TH ANNUAL
NATIONAL GRANGE CONVENTION

**GEAR UP
WITH THE
2021
T-SHIRT**



2021 CONVENTION LOGO ON FOREST GREEN OR OLD GOLD 5.3 OZ. PRE-SHRUNK 100% COTTON T-SHIRT

Unisex Adult Sizes Small-3XL available for only \$10 (s-xl), \$12 (2xl) or \$13 (3xl), plus shipping. Profits from sales go to the Great Plains Host Region.

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FRIDAY, MARCH 19 & SATURDAY, MARCH 20
LOW COST OF \$10 TO ATTEND!



**MID-ATLANTIC GRANGE
LEADERS' CONFERENCE**

A Virtual Fellowship and Learning Opportunity

**WORKSHOPS FOR AGES OF ALL MEMBERS, PLUS
SERVICE OPPORTUNITY, SPEAKERS & MORE!**

**PLUS ROUNDS OF BINGO THROUGHOUT THE
EVENT WITH \$300+ PRIZES!**

SEE SCHEDULE AND REGISTER ONLINE AT
BIT.LY/MAGLC21

REGISTRATION CLOSES FEB. 23, 2021

Super Bowl Sunday!

Besides Super Bowl, this is not intended to be a Valentines Day message -- but maybe it should be.
Because, from a supplier to a non profit perspective, when a person voluntarily places a brand on their personal stuff (and proudly displays it), this may be the ultimate token of "I love you".
The simple placement of a branded item communicates so much without saying a single word.
When placed on a personal item like a laptop, tablet, water flask, even on a car window, it communicates your support for Grange and most of all, it's an endorsement. We're talking about fundamental, grassroots marketing at it's finest!



**Place any order 2/5 til 2/12 and receive a free "light up"
red bouncy ball. Not a Foot Ball but it was the best we could do!**



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APPAREL | PROMOTIONAL ITEMS | JEWELRY | REGALIA | FUND RAISING PROGRAMS

MEMBER BENEFIT



American Hearing Benefits – is a convenient hearing benefits program which provides access to free hearing consultations and significant discounts on hearing aids through our nationwide network of hearing professionals. To learn more call 1-888-461-3209 mentions National Grange or visit <http://americanhearingbenefits.com/partners/grange>



SUPPLY STORE

www.grangestore.com



Grange Sympathy Cards

Inside Text: "In this time of sorrow, your Grange friends offer their thoughts and prayers to comfort you and bring you peace."

Cost is \$3.00
plus shipping,
for a set of 10

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