



The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

February 4, 2022

Gardening – Good for the mind, body and soul

By Betsy Huber, National Grange President

About this time every year, when the seed catalogs arrive, I start yearning for spring when I can get out to my garden and “play” in the dirt.

I like to grow all our own vegetables and freeze them to serve all year, so I have a fairly large garden that is usually difficult to keep up with all summer with my travel schedule. Once in a while, I need to call in reinforcements to battle the weeds, but usually I’m out there by myself in the peace and quiet.

Weeding is definitely my go-to stress reliever. I enjoy weeding because it looks so good when I’m finished! It’s a good time to think about all kinds of things—other work I need to do, what to have for supper, goals to accomplish, and just life. You don’t really need to use your mind to pull weeds, so it is free to wander to other thoughts.

Studies have proven that tending plants helps our minds. Caring for inside plants works as well as outside, although of course the exercise benefit is greater outdoors. Tilling, planting, cutting flowers or vegetables, and yes, even weeding, provide diversions and keep our minds active as well as our bodies. We feel it in reduced levels of stress and anxiety and improved ability to concentrate and focus.

The movements associated with gardening tasks, such as digging, planting, mulching, watering, pruning, even tying up plants, can provide daily exercise comparable to that recommended by the American Heart Association. These tasks build muscle, burn calories, and help with weight management.

I can testify that even five minutes of gardening can improve your mood and lift your spirits. Get out those seed catalogs and plan all the types of plants you’ll start as soon as the snow melts!

Washington DC Experience

Final Week to register!

The deadline to register for the **Washington DC Experience** is February 12! [Registration and information can be found here.](#)

The purpose of the Washington DC Experience is for Junior and Youth/Young Adult aged Grangers from across the country to come together and learn about how the Grange functions on the legislative side.





GRANGE FOUNDATION
1 in 1,000 CLUB

Join Us!

1-in-1000 Club Zoom

with Virtual Refreshments of your Choice
Wednesday, February 9
8:30 p.m. EST

bit.ly/1in1000Club
Call In: (301) 715 8592

or use:
Meeting ID: 853 2615 8138
Passcode: 864678

Topics

- Historical Documents Scanning & Digitization Project Update
- American Arts & Culture Fund
- Quilts of Valor & Grange Program
- Junior & Youth Funds Update with Directors & Telethon

Join with Meeting ID:
853 2615 8138
Passcode 864678

Or call in: 301-715-8592

Saying “Thank You” Goes a Long Way

By Pete Pompper, National Grange Community Service Director



Thank You. These two words can have a big impact in small ways. As Grange leaders, it is important that we say *thank you* to Granges when they impact their communities. We all know that members like recognition for what they do. Now, we know Grangers will never admit it because that's just what we do - not for the glory but because it needs to be done - and it is a very important part of our Grange culture.

That is where we, as Grange leaders on ALL levels, need to recognize our members or Granges when they reach out and help someone or some group who needs assistance. It can be as simple as just saying “thank you” during a conversation with a member. Watch as they stand a little straighter and get a smile on their face as you talk with them about the community service project and how it made a difference. We, as leaders, need to remember the impact we can have in a positive way which will inspire Granges to strive to have even more positive impact in the community.

Even Grange members who may not be in leadership positions can contact a Grange and ask about a particular community service program/project. What better compliment than to have another Grange use one of your ideas to help in their community. I have seen this happen when a Grange in Maine utilized a project a Grange in Oregon had done.

Remember, Granges don't have to reinvent the wheel, just find the projects that would work for you.

As a State or National Grange leader, think of how your saying "thank you" can either invigorate or energize a Grange, whether verbally or as a quick note that can be read at a local Grange meeting. It shows that you/we are paying attention to what Granges are doing. We need to realize that the community service projects Granges perform provide more positive press coverage, and the non-members in the community will be inclined to join an organization that is respected for what we do. It is imperative that we say *thank you* more than once a year at our State Grange sessions or at the annual National Grange convention.

I personally say Thank You to Richmond Grange #6 (RI), Silverton Grange #506 (WV), Clifton Springs Grange #1042 (NY), Creswell Grange #496 (OR), Edgemere Grange #355 (ID), Centre County Pomona Grange #13 (PA), Rainbow Valley Grange #689 (CA), Jefferson Grange #1384 (PA) and Victor Grange #49 (ME) for supplying meals to those in their communities who needed a little help this time of year. These 9 Granges helped 100 families - each member should be extremely proud of what you accomplished this time of year. I know this list does not include every Grange who helped families this year, but they are the ones I know of.

I ask that your Grange either email me at Communityservice@nationalgrange.org, call me at 609-820-6239, or mail me a note at 1608 Culbertson Ave, Myrtle Beach, SC 29577.

Legislative Fly-In Registration is now Open!



Join Brothers and Sisters from around the country in promoting Grange policy priorities and participating in advocacy training. Then, put your training to use as you present your community's concerns to elected officials and their staff.

The Fly-In is one of the greatest ways members can engage in Grange advocacy and remind legislators and regulators of the unique grassroots way in which our policy is developed. Participants will help to tell the story of an organization that is relevant, vibrant, and speaks from and for the heart of America.

Registration is FREE at <http://bit.ly/flyin2022>

Sunday, April 24

Welcome reception at the hotel

***Monday, April 25**

Overview of Washington, Congress and Federal Agencies

How to best work with elected officials and staff

Issue briefings

Speakers from the Hill, government agencies, private industry and think tanks

Tuesday, April 26

Capitol Hill appointments

Champions of Rural America Awards Reception

Wednesday, April 27

Complete Capitol Hill appointments

*Monday's events will be able to be accessed virtually!

More information on speakers, specific issues briefings, and the Champions of Rural America will be released in the coming weeks!

Hotel Information:

Quality Inn Tysons Corner

1587 Spring Hill Rd, Vienna, VA

703-448-8020

"National Grange" rate: \$79/night plus tax by April 1, 2022

More information on the Legislative Fly-In can be found here:

<https://www.nationalgrange.org/national-grange-legislative-fly-in-2022/>





The next issue of A Quarter's Worth from the National Lecturer will be available soon – if you would like to receive it, please [Sign Up Here!](#)

National Grange President Named to AAAA Board of Directors

Washington, DC—The Alliance for Aviation Across America announced today that Betsy Huber, President of the National Grange, has joined its Board of Directors.

"We are thrilled that Betsy Huber has joined the Alliance Board of Directors," said Ed Bolen, President and CEO of the National Business Aviation Association (NBAA) and the President of the Alliance's Board of Directors. "Betsy brings a wealth of invaluable experience and perspectives on behalf of rural communities and our agricultural sector, which rely extensively on general aviation, local airports, and our aviation infrastructure."

"I am honored to serve on the Board of Directors for the Alliance for Aviation Across America," Huber said. "General aviation is critical for agriculture, access to services like medical care and disaster relief, our nation's food supply, and the economy as a whole."



[Read the full release here](#)

National Grange Roster Now Available!



The 2022 Digital Roster of Grange leaders nationwide is now available from the National Grange.

This resource provides contact information for Grange officers, staff, and Committee/Department Chairs and Directors across the country, allowing you to get in touch with other Grange leaders to share ideas and grow the Grange.

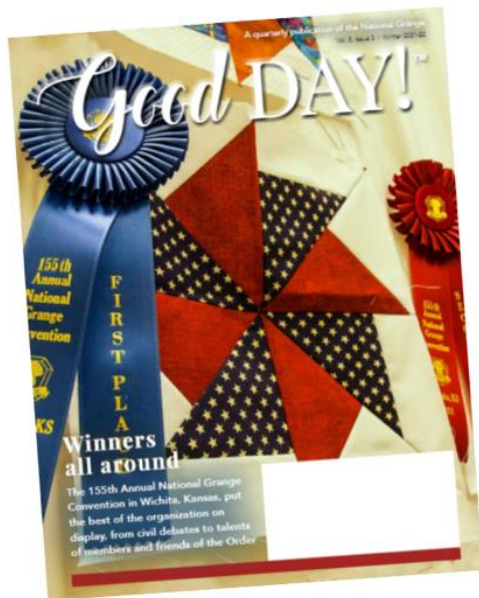
[Access the Handbook Edition here.](#)

[Access the Spreadsheet Edition here.](#)



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WINTER EDITION OF *GOOD DAY!*

The featured story in this 100-page edition reflects on the achievements and decisions made at the 155th Annual Session in Wichita, Kansas.

Newly-elected National Grange Lecturer Ann Bercher highlights and elevates the humble potato into the star of your meal. Plus, ideas for Grange programming, including the new Heirloom Program and many ways to connect your members to issues that face rural America.

\$5.00 PER ISSUE
(plus shipping)

Get your copy by ordering online through the Grange Supply Store at [**grangestore.com**](http://grangestore.com) or by calling Loretta at (202) 628-3507 ext. 109.

National Grange Member Benefit ***New Year's Savings with Office Depot***

Happy New Year! Office Depot is kicking 2022 off with deals for Grange Members! The Grange Office Depot Savings Program is offering **(\$15 and \$35 off)** coupons **valid through 02/07/2022**. Please note that these coupons are valid online only.



Exclusive Savings Just For You

Refresh & Renew for 2022

Valid only at business.officedepot.com
through 02/07/2022. Exclusions apply.

National Grange HQ | 1616 H St. NW, Washington, DC 20006 | (202) 628-3507

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