



The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

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Grange Revival brings relaxation and fellowship

By [Betsy E. Huber](#), National Grange President

More than 125 Grangers converged at the Log Cabin Campground in Curtis, Michigan last week for the third bi-annual Grange Revival. Families from Washington to Florida, California to New Hampshire came together as old friends and new friends to enjoy the sights and wonders of the Upper Peninsula for five days.



Grangers came in motor homes, trailers, tents, or stayed in cabins or hotels. The location is carefully chosen to include all options, with space at the campground for everyone to gather. Attendees enjoyed dinners together each night with each contributing to the meal. Chief Chef Jody Cameron and his team prepared the main dish, and everyone took a turn with prep and cleanup. Others contributed a breakfast or lunch or coffee during the week, and Revival specialties of homemade ice cream and Dutch oven desserts appeared.

The scenery was beautiful, with nearby access to three of the Great Lakes. The campground adjoined Lake Manistique which allowed swimming and fishing. The entire group enjoyed a boat ride through the Soo Locks on Thursday evening—though it started out very rainy, the sun appeared before we docked again. Other excursions included the Shipwreck Museum, Pictured Rocks, lighthouses, and many others.

It's wonderful to see different parts of the country that we may not visit on our own, but the best part about Revival is the fellowship we enjoy in the relaxed atmosphere. No workshops, no meetings, no resolutions to discuss, just fun and enjoyment.

The next Revival will be July 21-27, 2025 in Torrey, Utah. Mark your calendars now and plan to join us in this beautiful location not far from many National Parks. Accommodations are limited, so don't wait to make your reservations! Watch the website www.grangerevival.com for information coming soon.

Mentorship: Good for the mentor, good for the Grange

By [Amanda Brozana Rios](#), National Grange Membership & Leadership Development Director



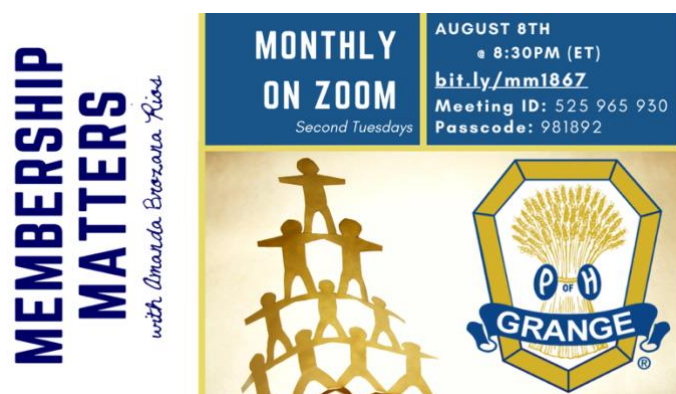
It was Friday evening, July 28, and I had been home from Grange Revival for nearly a week. I had no good excuse. Sure, I'm busy, but who isn't? It's not as if I didn't know the deadline or the answers. But here I was, just a few short days from the deadline to submit our Community Grange's quarterly report and I was pushing send.

Dedicated Grangers all over the country (especially the ones with the most arduous of jobs – Secretary) are nodding. We've all had that period where we just can't seem to push play and power through the requirements for and needs of our Grange. Even when we know the importance of completing a fairly routine or simple task, sometimes the days slip by too quickly.

Sometimes we all just need a little nudge or a helping hand. I think it's important to acknowledge that Grange leaders should work together to ensure that things are happening on time and in proper order, but the way in which we do it can be filled with grace.

Asking someone to help, learn from, or shadow a Secretary, or other officer or member with specific responsibilities, may not just get the job moved up the to-do list; it may also create a new spark of excitement. Many people want to share their knowledge and pass on their expertise, so being provided the opportunity to do so makes the routine task more exciting and offers a fresh set of eyes. It also allows us to pass on the historical knowledge we too often lose and help others understand our history and traditions.

I encourage you to talk about the tasks that sometimes are a challenge to complete on time or with excitement and see if anyone else in your Grange would like to help or learn more about it. You may just get a breath of fresh air or the back-up you may someday need.



Maybe she was born with it. Maybe she worked hard to develop it and can fake it 'til she makes it. What are we talking about on this month's Membership Matters? Charisma. Join National Grange Membership and Leadership Development Director Amanda Brozana Rios at **8:30 p.m. Eastern on Tuesday, August 8**, on Zoom to learn ways you can tap into untapped charismatic potential.

[Join Membership Matters here!](#)

A note from Sharon Croucher

Dear Fellow Grangers,

I have been completely overwhelmed by the outpouring of cards, letters, e-mails and prayers from Grangers all over the country. They have helped sustain me through all the trials and tribulations since my brain surgery, radiation and chemo treatments.

The Grange has been a huge part of my life. These cards and letters are proof that being a Granger and devoting my time and energy to this great organization was the correct choice.

Thanks to all!

Sharon Croucher

August Heirloom



In no other occupation does a man's daily labor bring him into such close companionship with the Great Creator as in the cultivation of the soil. – Chaplain, Second Degree

Use the Heirloom Program to encourage your Grange members (and friends who aren't Grange members) to continue learning about the core tenets of the Grange, and what we stand for. These "digestible" bits of Grange ritual help our members grow in the Grange.

[Access the August Heirloom Program materials here](#)

Participate in a National Grange service project

For 20 years, the Grange has been the leading voice advocating for the expansion of broadband into rural communities. Most frequently, we focus on the infrastructure of build-out, which is still a major factor keeping millions of Americans from high-speed, reliable internet to their homes. However, for others, broadband is available but unaffordable.

For this reason, the National Grange is actively working to promote the [FCC's Affordable Connectivity Program](#), which provides a discount benefit for broadband to low-income and other eligible individuals. After receiving a grant to assist with the program's promotion, we have begun registering Granges to take part in the work to inform people in the communities in which Granges are located, and beyond, about ACP.

Please remember that taking part in this outreach program is **community service**.

Certainly, we want all Grange members to know about the benefit and sign up if they are eligible, but this cannot stop within our doors. Just like giving nonperishable items to the food bank is important, so is taking the information about ACP to the director of the food bank and asking for it to be placed in the boxes and bags of recipients.

Please take the time to register your Grange to take part in this outreach service, which will allow you to receive free materials to give to your local food bank, to senior centers, to veterans' organizations in your hometown, to place on bulletin boards in your halls and in other community spaces, to put on tables at events your Grange takes part in and more. From placemats that can be used at your community breakfasts and dinners to yard signs that can be placed on the lawns of members whose properties are on well-traveled roadways, there are many ways your Grange can increase awareness about the ACP program.

When you register through grange.biz/signupgrange or by texting or calling National Grange Membership and Leadership Development Director Amanda Brozana Rios at 301-943-1090 and leaving a message, you will be assigned a Community Navigator - an individual that works with our partner, Oregon Institute for a Better Way, to help Granges plan for the outreach, order and packaging the materials, perform data collection and more.

Navigators - all of whom are also Grange members - will also work to collect more information about your Grange, its outreach, goals, and needs. This data will help us create future grant proposals and allow us to search for grants and other funds that may directly benefit individual Granges.

Granges that take part in this program may even be eligible for a small financial incentive, but it all starts with the first step of registering your Grange to become an outreach partner.

Registering through this link does not commit your Grange, but will instead allow you to receive further information and connect with a navigator to brainstorm and talk about your Grange.



Carol Carpenter, President of Bethlehem Grange #137 in Albany, New York, displays the banner they received as a part of the National Grange's Affordable Connectivity Program project.

Register for National Grange Convention – one month until Early Bird registration savings end



We are just three months away from when we “Flow into the Future” in Niagara Falls, New York as we celebrate the 157th Annual Session of the National Grange. ***We want you to be there!***

This year's Convention will be just blocks from the Falls! The [Sheraton Niagara Falls](#) is an incredible hotel which will also house the hospitality room, and the convention itself and many of the evening activities will be held at the [Niagara Falls Convention Center](#), just across the street!

Use [this link](#) to book your stay at the main Convention Hotel using our group rate.

For guests who would prefer to call, as opposed to making their reservations online, please call **716-285-3361 x2295** to reach Reservation Coordinator Cierra Duck. She is typically in the office Monday through Friday 8am – 4pm Eastern).

We invite ALL Grange members to participate in the Convention activities, so please make plans to attend from November 14-18, 2023.

Stay tuned over the coming weeks and months for more information about speakers, tours, and other opportunities (both fun and educational!) for all Grange members during the Convention.

Learn more about this year's Convention and register today on the National Grange website! **Early Bird Registration** - \$32 – open through September 4th, 2023.

[Register for Convention](#)

The Host Committee has chosen [Community Missions of Niagara](#) as the recipient of this year's community service collection. Granges and attendees are encouraged to send or bring socks, hats, or mittens for men or women to this year's Convention. If you would rather make a financial contribution, please contact Paula Turner.

Convention Feature: Rural Minds



During the 2022 National Grange Convention in Sparks, Nevada, Jeff Winton, founder/CEO of [Rural Minds, Inc.](#) spoke to Delegates, members, and guests about the Rural Minds/National Grange partnership – “Growing Hope Together.” This was followed by an engaging discussion, where members of all ages shared their experiences with mental health issues and resources.

This year, we are in Jeff's "backyard" – he is also the owner of [Wall Street Dairy LLC](#), a family dairy farm in Mayville, New York, just about 1.5 hours from Niagara Falls.

We are thrilled to welcome Rural Minds back to this year's Convention with new presentations!

On Thursday, November 16 (National Rural Health Day) at 2:00pm, Jeff will present a moderated discussion with filmmaker [Travis Carlson](#) about his movie, *Mother's Day* about his personal experiences with rural mental health challenges, along with a family counselor from [NY FarmNet](#). This will be followed by a moderated multigenerational panel discussion (see below) on rural mental health challenges and resources.



Then, on Saturday, November 18 at 9:00am, Rural Minds and NY FarmNet will co-present a workshop on rural mental health first aid and suicide awareness and prevention, called "Talk Saves Lives," developed by the American Foundation for Suicide Prevention.

All three of these events will be open to all members, guests, Delegates, and the general public.



Participate in Multigenerational Panel Discussion on Rural Mental Health

Everyone attending the National Grange Convention is invited to attend a session about rural mental health conversations, featuring panelists representing several generations. If you will be attending the convention on Thursday, November 16 from 3:00 – 4:30 pm ET and are interested in being considered as a panelist, please complete [this form](#).

This panel is co-presented by the National Grange, [Rural Minds](#), and [NY FarmNet](#).

Note that due to a limit on the number of panelists, your reply does not confirm your participation as a panelist. We will follow up with an email to provide you with more information.



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August Events

AUGUST NATIONAL GRANGE EVENTS

TAKE FULL ADVANTAGE OF YOUR
MEMBERSHIP

AUGUST 2023

ALL TIMES
EASTERN

AUGUST 2023

ALL TIMES
EASTERN

4-6: EASTERN REGIONAL CONFERENCE

Mt. Olive, North Carolina

8: MEMBERSHIP MATTERS (ZOOM) 8:30 P.M.

Open to all! Join: <http://bit.ly/mm1867>

Each month contains new, relevant information for Grange leaders.

14: THE RESOLUTION PROCESS (ZOOM) 8:30 P.M.

Open to all! Join: <http://grange.biz/resolution>

National Grange Legislative Director Burton Eller will lead this pre-National Convention workshop about the Resolution Process and how YOU can affect State and National Grange policy!

17: NATIONAL NONPROFIT DAY

Consider making a donation to the Grange Foundation today! www.grangefoundation.org

20: YOUTH YAMMERINGS & JUNIOR JIBBER-JABBER (ZOOM) 9:00 P.M.

Join National Grange Junior & Youth Director for this combined update about the National Grange Junior and Youth Departments! **Open to all!**

Join: <http://bit.ly/JuniorsYouth>

22: LECTURER'S FORUM (ZOOM) 8:30 P.M.

Contests! Past, Present and Future

Join National Grange Lecturer Ann Bercher for an informative and interactive evening about Grange contests and programming.

Join: <http://grange.biz/lecturerforum>



JUNIOR GRANGE FOCUS AREA:

DEAF AWARENESS

YOUTH FOCUS AREA:

GRASSROOTS ADVOCACY

We hope you join us for these events online or in-person!

For decades, the top Rural Health Issue has been access to basic care; now it's mental health and addiction

By Liz Carey for [The Daily Yonder](#)

For the first time in 20 years, mental health and addiction are more pressing health concerns than getting access to basic healthcare, according to a survey of rural stakeholders.

[Rural Healthy People 2030](#), released by the [Southwest Rural Health Resource Center](#), surveyed a national sample of people "working to improve the lives and health of rural Americans," to determine the most important issues facing rural residents. Participants included people working in health care, public administration, education, human services, and other fields.

In 2010 and 2020, the biggest issue in the survey was access to health care.

While access to health care remained one of the top five issues according to survey respondents, researchers said, the growing impact of mental health and addiction took the number one and two spots on the list regardless of age, race, region or occupation.

Issue	National Rank	Midwest (n=326)	Northeast (n=129)	South (n=339)	West (n=224)
Mental Health and Mental Disorders	1	1	1	1	1
Addiction	2	2	2	2	2
Health Care Access and Quality	3	3 (Tie)	4	4	3
Overweight and Obesity	4	3 (Tie)	5	3	6 (Tie)
Drug and Alcohol Use	5	5	3	5	4
Nutrition and Healthy Eating	6	6 (Tie)	6	6 (Tie)	5
Older Adults	7 (Tie)	10	8	9	6 (Tie)
Preventative Care	7 (Tie)	8	10	8	(8 Tie)
Diabetes	9	11	12 (Tie)	6 (Tie)	13
Economic Stability	10	6 (Tie)	9	10	11

Researchers asked rural stakeholders to name the most important public health priorities through 2030. These are their responses by national totals and region. (Rural Healthy People 2030: Common Challenges, Rural Nuances)

“For the past two decades, health-care access has been, far and away, the most important topic no matter how we cut the data,” said Timothy Callaghan, one of the survey authors. “The fact that mental health and addiction came out ahead of health-care access this time... certainly surprised us, but when you start thinking about the context of the past decade and the context of the pandemic in which you launched the survey, the findings are a bit less surprising.”

Callaghan said the rise of the opioid epidemic prior to the Covid-19 pandemic, and the growing recognition of the lack of mental health resources in rural America since the pandemic may be part of the reason. But changes in health care through the Affordable Care Act may have improved health-care access, bringing other issues to the top of the list, Callaghan said.

According to the U.S. Department of Health and Human Services, nearly 20 million people [signed up for insurance as part of the Affordable Care Act](#) during open enrollment this past year. During 2022, 35 million people signed up for insurance during the open enrollment period, 21 million of whom were part of Medicaid expansions.

Still the fact that mental health and addiction rose to the top across all categories was striking, he said.

“You’re going to see small changes in characteristics over the course of decades,” he said. “But the extent to which mental health and addiction have risen and were so consistently selected by stakeholders, demonstrates how big those issues really are.”

Stakeholders may have been focusing on what were the most pressing needs given the moment, Callaghan said. The survey was presented to stakeholders 2021. Partnering with rural health organizations like the National Rural Health Association, the Centers for Disease Control and Prevention, the American Hospital Association, and the National Association of Rural Health Clinics, the research center sent out links to the survey and asked stakeholders to comment. In addition, the center sent the survey to people who had filled out the survey in previous decades and asked stakeholders to identify others they felt may be able to provide insight.

[According to the Pew Research Center](#), an estimated 40% of American adults suffered from increased mental health issues during the pandemic. A survey done by the [Kaiser Family Foundation and CNN](#) found that 90% of the American public felt the country was facing a mental health crisis. Adults across the country during the pandemic reported increased symptoms of anxiety, depression, hopelessness and sadness and suicidal ideation, as well as increased drug and alcohol use.

In all, 1,291 respondents answered at least one of the questions between July 2021 and February 14, 2022.

“I think part of (the rankings) could be that a lot of the rural stakeholders participating understood that we’re looking at 10 year trends,” he said. “Our data didn’t allow us to identify specifically why, for example, vaccination isn’t in the top 20 even though we might have expected it to be, due to the pandemic.”

Major concerns besides health-care access in previous surveys included heart disease and stroke, diabetes, and nutrition.

Callaghan said as a country we’ve made significant strides in those areas. A [report by the research center to the Federal Office of Rural Health Policy](#) found that rural America has made progress on some leading causes of death.

“We’ve seen some pretty considerable gains in heart disease deaths,” Callaghan said. “We still do have a gap between urban and rural America, but there have been some pretty considerable gains.”

Callaghan said it’s not clear if that is because rural health-care providers are better at managing the disease, or educating patients about the diseases, or if other topics have just become more important.

For now, Callaghan said, the study reveals where the focus of rural health systems should be, according to rural health stakeholders.

“We now have a better sense of the areas that are particularly in need of rural health investment,” he said. “We now know that addressing addiction and addressing mental health issues have become increasingly important to rural experts over the past decade and while health-care access remains important... we nonetheless have to start prioritizing the issues that are most important which are addiction and mental health.”



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GOOD DAY!™ JULY 2023

The July 2023 issue of *Good Day!* magazine features stories about Christmas and holiday celebrations and events in Granges around the country, including in our food feature! Read about plans for this year's National Grange Session, ideas for programming, the Farm Bill, and much more!

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NATIONAL GRANGE

HEADQUARTERS: 1616 H ST. NW, WASHINGTON, DC 20006 | (202) 628-3507

Publisher Betsy Huber, National Grange President. Available to members at betsy@nationalgrange.org or by phone at (484) 459-1957

Editor Philip J Vonada, National Grange Communications Director. Contact to submit a story idea for Patrons Chain or *Good Day!* magazine, request assistance with publicity, business cards, and more. Email pjonada@nationalgrange.org or call/text (814) 404-7985

Leadership Training and Membership Development Amanda Brozana Rios, National Grange Membership, and Leadership Development Director. Contact to learn more about membership recruitment or how to start or reorganize a Grange, leadership training and more. Email at abrozana@nationalgrange.org or call/text (301) 943-1090

Legislative and Policy Issues Burton Eller, Legislative Director. *National HQ*, ext. 114 or email beller@nationalgrange.org

Membership Recognition, Grange Supply Sales, Grange Programs and Member Benefits Loretta Washington, *National HQ*, ext. 109 or email sales@nationalgrange.org

Free Grange Websites, Emails, *Good Day!* subscription questions and Membership Database
Stephanie Wilkins, IT Director. *National HQ*, ext. 101 or email swilkins@nationalgrange.org

Junior and Youth Programming Samantha Wilkins, samantha@nationalgrange.org or (210) 838-7892

Lecturer Ann Bercher, lecturer@nationalgrange.org or (612) 501-1231

Community Service Pete Pompper, communityservice@nationalgrange.org or (609) 820-6239

Grange Foundation Joan C. Smith, Chairperson. nfgf@grange.org or (571) 662-7220

