



The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

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National Grange President lays out message in media

Since taking office in late November, National Grange President Christine Hamp has been chatting with newspapers and radio stations to highlight ideas of building a stronger Grange *today* for the members of *tomorrow*.

"The scope of the National Grange extends beyond agriculture into conservation, health care and education, the organization's new president says.

'It's about making our communities stronger, about making rural America, and all of America, a better place to live,' Chris Hamp told the [Capital Press](#)...

Hamp's priority is to ensure that Grange policy resonates with communities and its members.

'The challenge often with established organizations is to make sure we're building on the strong foundation of 157 years of history, tradition and action, but making sure we're setting ourselves up to that relevance of tomorrow,' she said."



Hamp also was interviewed by [Spokane Public Radio](#), where she discussed the Grange's roots as an agricultural and advocacy organization.

National theme "Grange Strong" highlights unity

By [Philip J Vonada](#), National Grange Communications Director



National Grange President Chris Hamp has announced the 2024-2025 theme that will be used by the National Grange and Granges around the country:

"Grange Strong: Rooted. Resilient. United."

Grange Strong is "a powerful expression that embodies the strength, unity, pride, and resilience of the Grange," said Hamp, "It reflects our collective power, shared values, and enduring spirit. This phrase signifies a commitment to supporting one another, facing challenges with resilience, and working together to achieve common goals."

Throughout the next two years, Granges are encouraged to use the "Grange Strong" theme in their programming, displays, exhibits, and more. We encourage Grange members to use the

hashtag #GrangeStrong in your posts, so we can connect with one another

Here are some suggestions for using the theme:

Grange Strong

- Highlight the strengths of your Grange and your Grange members. Encourage your members to take pride in the things they are good at or feel “strong” while doing.
- A literal “strong” event. The Grange encourages health and wellness, perhaps partner with a local gym for an all-levels strength training night for your Grange and the community.

Rooted

- Use “rooted” to share the Grange’s agricultural roots. How about a seed swap night? A connection to local farms and farmers? Supporting your local FFA or 4-H clubs?
- You can also use “rooted” to show how your Grange has deep “roots” in the community. Whether your Grange is 150 years old or newly chartered or reorganized, putting down roots for the benefit of your community is important. How has your Grange made a difference where you work?

Resilient

- Has your Grange, your community, or somebody within weathered a storm? Has your Grange stood by them? Come out stronger? Be proud of how you’ve come out stronger or with a more defined purpose!
- With a 150+ year history, the Grange has seen and done a lot through history. Show our resilience by showcasing how we have adapted through our history, while working to make communities and the country better and stronger.

United

- The Grange is a network of 1,400 Granges around the country. “United” with one another in creating shared programs and events, working together to show that there is no “I” in GRANGE.
- Come up with a project, fundraiser, or event that can use the talents of each of your Grange members – from the youngest to the oldest.

No matter what you come up with, **Grange Strong: Rooted. Resilient. United.** can be our National rallying point for the next two years, bringing together each of our members, building up the Grange, and highlighting the good that is being done around the country.

National Junior Grange aims to simplify your Junior programming

By Samantha Wilkins, National Junior Grange Director



Every year after the close of state sessions or after we have all made it home from the National Session, we are left with a great feeling of excitement for all the things we want to do with our Granges. We are excited about the things we can plan and the ideas we have walked away with. We are reenergized for the upcoming Grange year.

Then, we become busy and consumed by the rush of the holiday season or other activities happening in life. If you’re like me, you may have forgotten to write down some of those great ideas, but never fear, the Junior department has you covered in all your planning and programming needs!

The new National Junior Grange 2024 program has put together a breakdown of programming that can help you plan your calendars year.

The Junior program is now broken into quarterly focus points. Each quarter will focus on a new area for Juniors. The programs are designed to help leaders/directors make event plans or for the Juniors to take reign on a focus point and create a program around it. While each of these focus points can be completed at any time of the year, the National programming will be focused in this way:

- Quarter 1 - Legislative Experiences;
- Quarter 2 - Agriculture Awareness;
- Quarter 3 - Deaf Awareness;
- and Quarter 4 - Community Service.

Please tune into our bimonthly program- Junior Jibber Jabbers which will be held the 3rd Sunday of odd number months at 9pm Eastern. This program is open to anyone interested in Junior Grange programming, but is specifically focused toward state and local leaders to help guide them in program planning and leadership development.

As we begin a year under new leadership at the National Grange, we are making big plans for some exciting changes ahead. So stay tuned for more updates throughout the next few months.

Our 2024 National Junior Grange Ambassador Gayle Reyburn, from Pennsylvania, is very excited to start her year with the Junior Department and is looking forward to visiting with as many of you as possible - whether in-person or virtually. If you have an event during this next year that you would like to invite her to, please reach out to Samantha@nationalgrange.org.



December National Grange events

DECEMBER NATIONAL GRANGE EVENTS

TAKE FULL ADVANTAGE OF YOUR MEMBERSHIP

DECEMBER 2023

ALL TIMES EASTERN

1: NATIONAL GRANGE BIRTHDAY PARTY!

7:00 P.M.

Live on Facebook - <http://www.facebook.com/nationalgrange>
Come watch as National Grange leaders, officers, and directors have some fun and join in on the conversation in the comments!

4: HAPPY 156TH BIRTHDAY TO THE NATIONAL GRANGE!

Founded this day in 1867!

12: MEMBERSHIP MATTERS (ZOOM)

8:30 P.M.

Open to all!

Join: <http://bit.ly/mm1867>

Each month contains new, relevant information for Grange leaders.

This month, join Membership & Leadership Development Director Amanda Brozana Rios with **special guest** Christine Hamp, the new National Grange President!

31: FOUNDATION NYE PARTY

8:00 PM

Live on Facebook - <http://www.facebook.com/nationalgrange>
Grange Foundation invites you to be a part of our New Year's Eve Party on Facebook from 8-10pm Eastern!



JUNIOR GRANGE FOCUS AREA:

COMMUNITY SERVICE

YOUTH FOCUS AREA:

GROWTH

MEMBERSHIP MATTERS

with Amanda Brozana Rios

MONTHLY ON ZOOM

Second Tuesdays

DECEMBER 12

@ 8:30PM (ET)

bit.ly/mm1867

Meeting ID: 525 965 930

Passcode: 981892



Join the National Grange staff and other Grange leaders for special events this month!

Next up: **Membership Matters** with Amanda Brozana-Rios on December 12 at 8:30pm Eastern. This month, Amanda will be joined by a special guest – National Grange President Chris Hamp!

[Click Here to join Membership Matters](http://bit.ly/mm1867)

Grange Heirloom for December

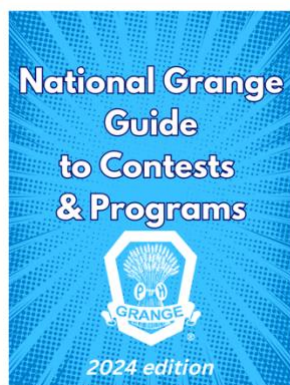


The welfare of each is bound up in the good of all. – President, Fourth Degree

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 December Heirloom Materials here.](#)

2024 National Grange Contest Guide



The National Grange Guide to Contests & Programs has been released on the National Grange website for all members. This guide incorporates the contests and programming from the Junior, Youth, Lecturer, Communications, Membership/Leadership, Legislative, Community Service, and Member Programs Departments.

Take a look at all of the new contests for the 2023-2024 Grange year, with most contest and program deadlines set for September 1, 2024 (please look at each contest outline for finalized information).

[View and Download the 2024 National Grange Contest Guide here](#)

The contests are also listed on each department's page on the National Grange website for easier viewing.

Grange Revival registration is now open!



Grangers and friends from around the country enjoyed Grange Revival 3.0 in Curtis, Michigan this past summer. You don't want to miss *your* chance to ensure your participation in **Grange Revival 4.0** in Torrey, Utah in July 2025 – registration is now open!

Save the Dates of July 21-27, 2025 (note that we are starting on Monday in 2025) for the 4th Grange Revival – *Granging with your feet up!*

Visit <http://grange.biz/2025revivalregistration> to register for the next Grange Revival, then make your reservations for your campsite, too. Visit <http://www.grangerevival.com> for more information.



Farm Aid introduces “Against the Grain” podcast



[Farm Aid](#), the annual concert with a mission to build a vibrant, family farm-centered system of agriculture in America, has announced a new podcast around the same themes.

The *Against the Grain* podcast, is “designed to bring the magic of Farm Aid’s annual festival to listeners year-round. Hear from farmers and artists, advocates and food experts, activists and policymakers – all of whom are working towards building a more just and equitable farm and food system.”

You can listen to *Against the Grain* on iTunes, Spotify, or wherever you listen to podcasts.

10 Tips for Tackling the Holiday Blues

Feeling stressed or sad about the holidays?
You're not alone.



A 2021 survey found that 60% of Americans feel the holidays have a negative impact on their mental health, including higher levels of stress, depression and anxiety, as well as increased substance abuse.*

For people affected by mental illness, the holiday season can be especially challenging. One study by National Alliance on Mental Illness (NAMI) found that 64% of people with mental illness said the holidays make their conditions worse.*

What can you do to take control and help manage the increased stress of the holidays?
Here are some tips to do just that:

1 Set a budget and stick to it.

With inflation and rising costs, many people can't afford holiday gifts. Financial stress is hitting people in rural communities even harder this year compared to urban dwellers. Homemade gifts and gift exchanges among family and friends may help you stay within your budget.

2 Take time for yourself.

Whether it's taking a walk, watching a favorite movie, or listening to music, do something you enjoy to relax, feel refreshed and help you face the extra obligations of the holiday season.

3 Avoid excess alcohol consumption.

People sometimes turn to alcohol or drugs to help cope with negative feelings associated with holidays. However, overindulgence and substance abuse just add to feelings of guilt, anxiety and stress.

4 Get plenty of sleep.

Staying rested is important for maintaining both physical and mental health.

5 Set boundaries.

Don't hesitate to say "no" to people and think carefully when deciding whether or not to participate in events that may cause additional stress.

6 Make a gratitude list.

Year's end is a great time to think about what you are grateful for. Studies show that gratitude has a positive impact on mental health.

7 Get as much sunlight as possible.

A seasonal decrease of sunlight coincides with the holiday season and can lead to seasonal affective disorder — a form of depression during the winter months. To help boost your mood, go outside at midday when the sun is brightest, work near a window and brightly light your home.

8 Volunteer.

Helping others — whether it's through a local organization or by simply dropping off a meal to a housebound neighbor — is a good way to both lift your spirits and make new friends.

9 Acknowledge your feelings and reach out for support.

If you're grieving the loss of someone close this year, it's okay to feel sad and not want to celebrate. Connect with family, friends, a faith community or a support group. Let them know how you are feeling and if there is something that they can do to help.

10 Seek professional help if you're feeling overwhelmed.

Talk to your primary care doctor or a mental health professional if your anxiety, stress or sadness lasts for a while or becomes too overwhelming. Visit the Rural Minds website for mental health resources: www.ruralminds.org/mental-health-resources-by-topic.



To find help with managing a mental health crisis during the holidays or any time throughout the year, connect with 988. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to talk to a trained listener. The 988 Lifeline is free, confidential and available 24/7.

* Sources available at www.ruralminds.org



Spotlight Your Grange

Do you want to see your Grange in the Spotlight? Send a brief write-up of an event at your Grange with a few pictures to Philip Vonada, Communications Director, at pvonada@nationalgrange.org. It may be printed immediately, or may be held for a future Patrons Chain or Good Day! magazine.

Grange Benefit: RxSavings Plus Card



The **RxSavings Plus Card** is provided by CVS Caremark – *it's also for pet prescriptions!* This card is a **NO-FEE** exclusive benefit to National Grange members that is not offered to the public.

The **RxSavings Plus Card** allows members to go to almost any pharmacy. Unlike other savings plans, the

CVS-Caremark program applies to 99% of prescription drugs, including Lipitor, Plavix, blood pressure medications, and thousands more - even pet medications! For the RxSavings Plus Card, please visit <http://nationalgrange.rxsavingsplus.com>.

If your pet has been prescribed a medication, you may get a discount with the RxSavings Plus Card at participating pharmacies. 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.

**SUPPLY STORE**

www.grangestore.org

PEOPLE, PRIDE & PROGRESS BUNDLE



When you purchase ***People, Pride and Progress*** by **David H. Howard**, you will also receive the **Official Dedication Ceremony for the Grange Halls** along with **National Grange - Let it be Perpetual** historical booklet compiled by the National Grange Historical Committee

Total Value - \$20.00
ON SALE for
\$5.00 plus shipping

Get yours by ordering online through the Grange Supply Store at grangestore.org or by calling Loretta at (202) 628-3507 ext. 109.

Makes a great holiday or birthday gift – order soon to ensure delivery by Christmas!



GRANGE JEWELRY



Grange Jewelry is now in stock at the Grange Store. Pins include years of service and member recognition pins from 5-80 years, past officer pins, Degree recognition pins, and much more!

Some jewelry is now on clearance!

Prices vary

Order online through the Grange Supply Store at grangestore.org or by calling Loretta at (202) 628-3507 ext. 109.

www.grangestore.org

NATIONAL GRANGE

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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

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