



The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE



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[**You're part of the team! Let's row together**](#)

By [*Christine E. Hamp*](#), National Grange President

As I look forward to 2024, I keep thinking about the importance of the concepts of Team Grange and Grange Strong!

Let us all use the new year to start fresh and let the past be the past. Let every Grange member everywhere commit to embracing **Team Grange**; to know that we are stronger together, to cherish our fraternal bonds, and to work at being good teammates. Indeed, we are all on the same team and wear the same jersey. Consider what we can accomplish with every member in the boat rowing together and for each other! I say unstoppable! If you need motivation, I recommend taking a couple of hours to watch the movie that was just released at Christmas, *The Boys in the Boat*. Bow Down to Washington!

Speak Like a "CHAMP" – Phrase for January 2024

Leader's Intent

Please use this phrase in your newsletters, at your conferences, and as part of your social media presence.

[In Search of Volunteers to have Fun and Sell Stuff!](#)

In anticipation of the sale of our headquarters building in Washington, DC, we are planning to have an "**Oldie, but Goodie**" sales table at our 2024 National session in Bettendorf, Iowa. These items are surplus to the day-to-day operations of the National Grange, have no historical value, but should be of

SPEAK LIKE A "CHAMP"

Speak like a "CHAMP" will be a monthly word or phrase designed to get everyone speaking the same language to build a positive message as we Grange.

"LEADER'S INTENT"

The **Leader's Intent** is a concise and clear expression of the purpose, desired end state, and key tasks that a leader communicates to guide work groups and teams in their decision-making and actions.

The leader's intent serves as a guide, allowing work groups and teams to exercise initiative, make decisions, and adapt their actions to achieve the leader's vision even when specific details or circumstances change. This concept is not limited to the military and is often applied in leadership and management to foster decentralized decision-making and empower team members.

interest to Granges and members. If you would like to help with the “Oldie, but Goodie” table [please click here to send me an email](#).

Imagine the impact the Grange can make when we prioritize and actively work toward enhancing the experience and value we provide to each member. How awesome this country could be if every community had a strong, vibrant Grange focused on resilience and relevance. Remember also that determined people working together can do anything. Let all who desire join in serving as Caretakers of a Legacy!

Don't resolve to get more members in 2024

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



Whether at the start of a new calendar year or a new membership year, many Granges resolve to bring in more members in the coming year.

However, resolutions also come with a stigma. You are almost expected to fail. The same is true for resolutions by organizations or clubs as they are with individuals. Even seemingly easy resolutions are the fodder for late-night comedy or water cooler comparisons. If you or others around you are joking about resolutions or taking bets on how long this will last, you've already failed.

Instead of focusing on asking people to join, focus on planning quality outreach, events and programming. Make sure that what you're planning is what your members want to do – not what you feel you must by tradition. Are several of your members interested in daytrips? Plan one and invite a friend. Do your Junior 1+ members love pets and want to collect food and supplies of the local animal shelter? Give them the green light. Is there a published author in town? Invite them to come be the program at one of your meetings, then ask each of your members to create an “exclusive” guest list and send formal invitations to attend your meeting that you kick off with a potluck and end with the program: special time with the author and book signings.

Provide exciting opportunities for friends and people you believe are a good fit for your Grange, but make sure to hold something back. Give them a taste, but make becoming a member special. Post information in your hall or on your social media about member-only scholarships and contests. Have a mentor sit with your guests during meetings and encourage them to listen for all the choices members are making to enhance their experience in the Grange and improve their community. Plan and promote a few members-only, members-come-first or members-come-free activities. Make sure your guests know that being part of the Grange opens many new doors and creates lasting and true friendships.

Become the talk of the town – or at least of your current members' friend circles – and you won't have to resolve to attract new members; you'll be doing that by showing them what membership in the Grange looks like and how great Granging can be.

REMINDER:

Local Grange Secretaries should be preparing and submitting 2023 Quarter 4 reports to their State Grange this month, per the guidance of their State leadership. Make sure you also receive any updated forms or information that you will need to start the new year off right. Don't fall into the trap of using old forms! Oftentimes this results in more work for you and your volunteer leaders and can lead to inaccurate data or missed opportunities.

Grange Heirloom for January



Encourage improvement; remember that Nature's motto is onward; she never goes backward.

– Installation Ceremony; Installing Officer's charge to President

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 January Heirloom Materials here.](#)



Join us **TONIGHT** for the inaugural Fellowship First Friday on Zoom from 8:30-9:30 p.m. Eastern.

Tonight's edition includes past National Lecturer Ann Bercher giving some tips and recipes for soup.

Type up your favorite recipe in a document and share it with the group in the chat (and be prepared to copy and paste them into a file of your own).

You might even see it in a future issue of the Patrons Chain! We'll play a game and end with optional breakout room chats about culinary techniques, favorite recipes and other topics or just enjoy informal fellowship and make a new friend.

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



Later this month, we will be launching a "**Grange Strong**" fundraiser that can help you highlight our theme during Grange Month (April) and beyond. But we want to hear from you! Will you take our survey to let us know what you'd like to see?

Take the "Grange Strong" survey!

Distinguished Grange applications available

The 2023-2024 Distinguished Grange applications are now available on the National Grange website.

In 2023, 26 Granges and 3 State Granges from across the country completed the steps and application to be Distinguished Granges, but we know it can be done by many more! Take a look at the available application forms – and if you have any questions about the requirements, let us know!

View the Distinguished Grange applications here

Grange Spotlight: Burns Grange donates 20,000th Dictionary

Submitted by Peggy Johnston, Burns Grange #160



Third graders at Robert Kerr Elementary School show off their new dictionaries. *Photo provided*

Burns Grange #160 (Michigan) has been delivering dictionaries to the third graders in Shiawassee County for 21 years, delivering to all elementary schools and Christian schools in our county.

This year, we gave our 20,000th dictionary to a student (not sure exactly which one) to one of the students at the Robert Kerr Elementary School in Durand, MI. We chose not to single out one child but to honor the whole third grade in that school.

The teachers and children were excited to hear they were the recipient of that milestone for us. We also had a small gift of a very colorful pencil for each of them, which was like getting a Christmas present to most.

It was an exciting adventure for us, as well as all involved at that school.

Our next goal will be when we distribute the 25,000th dictionary!

These dictionaries are given through the [Grange's Words for Thirds program](#) with The Dictionary Project. We encourage you and your Grange to participate!

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.

4 Tips to Mind Your Mental Health in 2024

Courtesy of Family Features

There's never a bad time to commit to managing your mental health, but the new year tends to make wellness a bigger priority. Wellness resolutions often focus on diet and exercise, but taking steps to improve your mental well-being is equally important.

In fact, your mental health can play a critical role in your physical health. Stress, anxiety and other manifestations of mental and emotional distress can trigger physiological responses in your body that may erode your health over time. For example, if you're continually under a high level of stress, chances are your blood pressure runs higher than it should, and that in turn poses a risk for heart disease and related conditions.

As you turn the page toward 2024, renew your commitment to self-care and managing your mental health with these tips:

1. **Set realistic goals.** Having something to work toward and look forward to is a healthy way to occupy your mind. Decide what you'd like to achieve this year and identify milestones toward your ultimate goal. Celebrating when you achieve each milestone can keep you motivated and help measure your progress along the way.
2. **Nurture personal relationships.** Loneliness is a major contributor to mental health struggles, and having even a couple close relationships can help provide you with an essential sense of connection and belonging. Whether you talk in person, by video or text, make time to talk to family and friends. If you find your circle is smaller than you'd like, try taking a class or joining an organization where you can meet others who share your interests.
3. **Alleviate stress.** A little bit of pressure can push you to do your best, but living in a constant state of stress can be bad for your health. Take time to understand your stress triggers and actively work to avoid them. If that's not fully possible, dedicate a portion of each day to de-stressing and clearing your mind. You might choose meditation, exercise, reading or listening to music, all of which let you relax your mind and focus your attention on something else.
4. **Sleep more.** Getting enough sleep means 7-9 hours each night, according to most experts, as it's one of the best ways to protect your overall health and ensure you're in the right frame of mind to approach the day. When you're sleep deprived, you're less capable of problem-solving, making decisions and managing your emotions and behavior. Studies have also shown poor sleep habits are linked to depression, anxiety, bipolar disorder and other mental health conditions. If winding down is an issue, try creating a bedtime routine that makes it easier to get to sleep.

Find more tips to promote healthy living at www.eLivingtoday.com.



Grange Member Benefit: Lenovo

Warm up to cozy deals at Lenovo! - Up to 70%

An advertisement for Lenovo's Winter Clearance. It features a laptop screen displaying a video call with four participants. To the left of the laptop, the text reads: "Chill out, hot deals are here! Up to 70% on cool tech! Shop Now". To the right of the laptop, the text reads: "Smarter technology for all" and the Lenovo logo.

Dive into Lenovo's Winter Clearance where the savings are as cool as the season. Grab up to 70% off on the latest gadgets and tech essentials.

Earn BIG with MyLenovo Rewards

Sign up and earn rewards for future purchases. Plus, you'll receive expedited delivery at no extra cost!

Shop Now: www.lenovo.com/us/en/lsp

For assistance with purchases, call: 1-800-426-7235 (M-F: 9:00 a.m.–9:00 p.m. ET, Sat: 9:00 a.m.–6:00 p.m. ET)
Be sure to check the website often – special offers change frequently.



SUPPLY STORE

www.grangestore.com

GRANGE ORIENTATION KIT



225
FULL-COLOR PIECES
\$30.00
PLUS SHIPPING

This Orientation Kit includes new brochures to help recruit and introduce new and prospective members to the Grange. The seven brochures allow Granges to introduce the organization to potential members.

Brochures include information on benefits and responsibilities of membership, Degrees and Symbols, and more!

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

SUPPLY STORE



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

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

Publisher Christine Hamp, National Grange President. Available to members at champ@nationalgrange.org or by phone at (509) 953-3533

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, social media, and more. Email pvonada@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 lwashington@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 Tom Gwin, lecturer@nationalgrange.org or (360) 581-0177

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

