



PRESIDENTIAL PERSPECTIVE

#GRANGESTRONG

by Christine E. Hamp
National Grange President

Let's talk about what makes us truly **Grange Strong**! It's not about a select few holding all the power or knowledge. Our strength comes from every single one of us being connected, engaged, and sharing what we know with one another. When everyone is part of the conversation, when everyone has a seat at the table, that's when we're unstoppable!

Imagine the possibilities when knowledge is freely shared. When we pool our resources, insights, and experiences, we create a powerhouse of collective wisdom that benefits every single member. This isn't about holding onto power—it's about spreading it far and wide so that together, we can achieve more than any of us could on our own.

Grange Strong means that every voice matters, every idea counts, and every member is empowered. We lift each other up by sharing what we know, connecting others to the resources they need, and ensuring that no one is left out or left behind. This is how we build a Grange that's resilient, inclusive, and ready to face any challenge.

So, let's break down the barriers, open up the lines of communication, and make sure that every Granger feels connected and valued. Let's commit to being generous with our knowledge, our time, and our support. Because when we're all in this together, **Grange Strong** isn't just a slogan—it's a reality!

Let's make it happen!

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UPCOMING

August 27 @8:30pm ET

Lecturer's Forum

<http://grange.biz/lecturerforum>

August 28 @ 8:30pm ET

1-in-1,000 Club Meeting

<http://grange.biz/1in1000>

September 1

Applications/Entries due for most National Grange Contests

September 4 @8:30pm ET

"Meet Us at the River" Zoom

<http://grange.biz/Zoom158>

MAKE TODAY A  *Good Day!*

SUBSCRIBE:
NATIONALGRANGE.ORG/GOODDAY

ANOTHER REASON MEMBERSHIP MATTERS

by Amanda Brozana

National Grange Membership/Leadership Development Director

Did you know that being part of a social organization like the Grange offers a wide range of health benefits that extend beyond social interactions. These benefits, rooted in the communal nature of organizations like ours, encompass both mental and physical well-being.

In fact, studies have proven that social connectivity plays a critical role in mental health by fostering a sense of belonging, purpose, and identity, which can mitigate feelings of loneliness and isolation. Social isolation is linked to increased risks of depression and anxiety. Fraternal orders and social clubs provide a regular, supportive network that offers members emotional support, reducing stress and promoting mental resilience.

Additionally, participation in the Grange and other similar organizations often involves community service, group activities, and working toward shared goals, all of which contribute to a sense of accomplishment. The positive reinforcement from these activities can improve self-esteem and provide a sense of fulfillment - key factors in maintaining psychological well-being.

On a physical level, many organizations encourage members to engage in activities that promote physical health, such as sports, exercise, or group outings. While many Granges have taken steps back from a time when they had softball and basketball teams or walking clubs, there is no reason why simple physical activity cannot be offered to members who wish to participate as part of a family or women's activity program. Regular physical activity is widely recognized for its benefits in reducing the risk of chronic diseases, including heart disease and diabetes.

The structured nature of organizations can improve time management and promote a balanced

lifestyle. Scheduled meetings and events provide routine, which has been linked to improved sleep patterns and overall well-being, so the more often you engage with your Grange, the more likely you are to find health benefits in your participation.

Small, interconnected groups can be some of the greatest motivators, often creating an accountability system and encouraging consistent participation in healthy activities. Leaning on the support inherent in the deep connections of members in a fraternal organization in times of turmoil or great life changes is powerful. Over the past year, I have found this first-hand, and I am stronger and healthier thanks to my Grange family.

Belonging matters - *membership matters* - because being a member helps to support mental health, encourage physical activity, and contribute to an overall healthier and more fulfilling lifestyle.

These health benefits have gone undervalued and often unrecognized, but I hope that is soon changing. Speaking about the ways in which Grange can improve psychological, social and physical health when talking to new and prospective members can be just another tool in your recruiting toolkit.

For our members 65 and older, the health benefits of belonging are being recognized and literally will pay off for many thanks to a new partnership between the Grange and Grouper, a social fitness movement.

Eligible individuals who sign up will receive a \$50 initial payment and quarterly payments of \$20 for their involvement as a way to incentivize their participation in social activities with Grange. To learn more and find out if you are eligible, visit www.hellogrouper.com/grange, and don't forget to tell your friends.

Grouper



Listen to
THE GRANGE HALL PODCAST

New episodes every other Wednesday

Listen on: Spotify, iHeartRadio, Apple Podcasts, YouTube, or PodBean

COMMUNICATION FELLOWS READY TO TELL THE #GRANGESTORY

by Philip J Vonada

National Grange Communications Director



The 11th class of National Grange Communication Fellows has been selected from applicants across the country. Together, the class will work to craft and tell the **#GrangeStory** leading up to, through, and beyond to this

year's National Grange Convention.

"I'm excited to work with this new group of Fellows, to both lead them and learn from them, as we work to incorporate new technology and ideas into the message of the Grange," said National Grange Communications Director Philip Vonada. "This year's Fellows represent a variety of ages and experience in the Grange. I think it's important that our Fellows are reflective of the Grange in the 21st century."

The 2024-2025 National Grange Communication Fellows are: Samantha Wilkins (TX - Senior Fellow), Diana Echavarria (TX), Molly Newman (KS), and Makyala Piers (RI).

Wilkins is a familiar face at the National Grange, having previously served as National Junior Grange and Youth Development Director, and operations manager of the National Grange. She also previously served as a Communication Fellow in 2016 at the 150th Annual Convention in Washington, DC.

As Senior Fellow, Wilkins will help lead the program throughout the National Convention. She brings experience in working with Grange members of all ages, and a background in communications and development.

"I'm thrilled to be able to find ways to get information about the Grange to the public," Wilkins said. "I think this is a great class of Fellows, and I know we will work well together in coming up with new and innovative methods of connecting with

rural communities and with our members."

From Texas, Diana Echavarria is a Grange member at David Crockett #1431, having joined the Grange under a year ago. She has a background in contract administration and also has experience in social media. She looks forward to bringing a level of excellence to communication efforts and expanding her Grange knowledge.

A member of Pleasant View Grange #1459, Molly Newman comes to the Communication Fellows program as co-Communications Director for the Kansas State Grange. A lifelong Grange member, she brings a plethora of experience and ideas to the Communication Fellows program.

"I am deeply honored to be selected as a Communication Fellow for the National Grange," said Newman. "This opportunity will allow me to further enhance my skills in communication and leadership, while contributing to the vital work of the Grange both locally and nationally."

Makayla Piers is the final Fellow for the year, representing Moosup Valley Grange #26 in Rhode Island. A relatively new member of the Grange, Piers has her whole family involved in the work of the Grange. She is excited to learn more about the Grange and get more families and the community involved.

The Communication Fellows will begin meeting in late August, working on assignments up through National Grange Session, where they will be responsible for daily reporting, livestreams, and developing new ideas to connect the Grange to the public.

Following the Convention, they will help write for Good Day! magazine, Grange Today!, other National Grange efforts, and more. They join a broad network of Grange leaders who have previously been Communication Fellows, including National Grange staff members, State Grange Presidents, and so many more.



NATIONAL GRANGE

OF THE ORDER OF PATRONS OF HUSBANDRY

View from the Hill



NATIONAL GRANGE POLICY UPDATES & ISSUE NEWS

August 2024

AGRICULTURE & FOOD

USDA issues \$2 billion for discrimination

USDA has issued one-time payments totaling around \$2 billion to farmers, ranchers, and forest landowners across the country who may have experienced discrimination in farm loan programs or did not receive equitable access to federal resources. The funds come from the Inflation Reduction Act's Discrimination Financial Assistance Program. A total of 58,000 applications were received and over 43,000 borrowers will receive some assistance. The assistance is not necessarily compensation for individual losses but as an acknowledgment according to Secretary Tom Vilsack who said the disbursement of these funds is an important step in efforts to rebuild trust between farmers and USDA.

EPA boost industrial hemp

A project that aims to create standards to fortify the hemp building and construction industry has been selected for federal funding. The Environmental Protection Agency has announced grants of nearly \$160 million from the Inflation Reduction Act for projects that track and reduce climate pollution in construction materials. Other industrial hemp marketer developments on the horizon could greatly expand the industrial hemp market including hemp seed meal for animal feed and biofuels production.

Department of Defense backs off lab-grown protein

The Department of Defense backs off lab-grown protein. The DoD has apparently scrapped an experiment to feed lab-grown protein to the nation's troops. As the appropriations process moved through congressional committees, it was discovered that the DoD request included funds to experiment with feeding troops cell cultured meat and seafood. The subsequent outcry by the producer segment and members of Congress caused the DoD to rescind that request. While the DoD can and should be on the cutting edge of science applications to investigate defense applications, there's a big difference between defense technology experimentation and feeding the troops lab-grown proteins.

Denmark to levy carbon tax on livestock

Denmark has passed a tax on cows, sheep and pigs beginning in 2030. Farmers will pay \$43 per ton of carbon dioxide increasing to \$108 in 2035. Denmark is the first country to tax its livestock farmers for the simple act of producing food. Certain animal and environmental groups were successful in propagating disinformation in their campaign against animal agriculture.

CONSERVATION & ENVIRONMENT

Farmers seek tough standards for carbon verifiers

Agriculture producers are calling for stringent requirements for third-party verifiers of carbon farming projects. These include knowledge of crops grown in the U.S. and specific soil types as USDA seeks to implement the Growing Climate Solutions Act. USDA has been working to identify the qualifications, expertise and certifications required for third-party verifiers which are independent entities that verify whether projects followed the requirements in carbon offset protocols.

ENERGY

Power hungry and thirsty data centers raise concern

The explosive growth of AI is raising questions about whether we will have enough power and water to support AI in the future. After a long period of relatively flat electricity demand, the growth of AI, manufacturing, electric vehicles, and home appliances will cause a doubling of electricity demand by mid-century, according to the Department of Energy. The global use of AI could require as much fresh water by 2027 as is now used by four to six countries the size of Denmark, according to Shaolei Ren at the University of California Riverside. Consumers are becoming concerned as households pay more for each kilowatt hour beyond a certain threshold while the rate for data centers declines as they use more power.

HEALTH CARE

House committee urged to pass obesity act

The National Grange submitted 76 letters to members of the House Energy and Commerce Committee and their staff supporting passage of H.R. 4818 and S. 2407, the Treat and Reduce Obesity Act (TROA). The House

Ways and Means Committee previously passed TROA overwhelmingly by bipartisan vote. Obesity rates in rural America are higher per capita than in urban settings. Many of these adults have other associated chronic diseases such as diabetes and heart disease. Rural residents are more likely to depend upon federal programs like Medicare for insurance coverage. TROA would require Medicare to cover the full continuum of obesity care.

TELECOMMUNICATIONS

New pole attachment rules in effect

The Federal Communications Commission pole attachment rules are now in effect. The new rules are intended to assist internet service providers that need to attach their wires and other facilities to utility poles owned by various third parties. The rules establish the Rapid Broadband Assessment Team to address pole attachment disputes quickly and give communications providers detailed information about the status of utility poles they plan to use for their broadband buildout. This development should reduce delays in broadband deployment that are starting to roll out at the state level under the \$42.5 billion Broadband Equity, Access, and Deployment (BEAD) program. The National Grange has petitioned the FCC for two years to issue such rules to prevent broadband deployment delays.



VIEW FROM THE HILL

is written and compiled by
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National Grange
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TRANSPORTATION

Canada rail stoppage poised to disrupt agriculture

Failure to reach railroad labor agreements in Canada would stop rail service and disrupt the North American agriculture supply chain, snaring shipments of everything from fertilizer to wheat and meat. Of immediate concern is that the stoppage will halt shipments of spring wheat, currently being harvested, to the Pacific Northwest for export. The U.S. exported \$28.2 billion of agriculture products to Canada last year, the third-largest destination behind China and Mexico. The U.S. imported \$40.1 billion of Canadian agriculture products last year. As this newsletter goes to press, rail operators are scheduling lockouts.

PERSPECTIVES

"All the good ideas I ever had came to me while I was milking a cow."

- Grant Wood, American artist

"The friendly cow, all red and white, I love with all my heart; she gives me cream. To eat with apple tart."

- Robert Louis Stevenson, author

"There's nothing like sitting back and talking to your cows."

- Russell Crowe, actor

"When a cow laughs, does milk come out her nose?"

- Anonymous

"I could dance with you until the cows come home. On second thought, I'd rather dance with the cows until you come home."

- Groucho Marx, comedian and actor

GRASSROOTS ADVOCACY IN ACTION AWARD



submit a minimum one-page written description
of your Grange's grassroots advocacy action
along with at least one photo

Deadline: September 1

More information: grange.biz/ngadvocacy2024

SEPTEMBER 2024 NATIONAL GRANGE EVENTS

TAKE FULL ADVANTAGE OF YOUR MEMBERSHIP
JOIN US ON ZOOM FOR THESE EVENTS!

ALL TIMES
EASTERN

4: MEET US AT THE RIVER

8:30 P.M.

Connect: grange.biz/Zoom158

Join the Midwest Region to learn about this year's National Convention! Learn what's new and exciting waiting for you in the Quad Cities in November.

6: FELLOWSHIP FIRST FRIDAY

8:30 P.M.

Connect: grange.biz/FirstFriday

Join us for this fun monthly program - a time for fellowship, thought-provoking conversation, and connecting with Grange members from coast to coast.

September topic: **Deaf Awareness & the Grange**

16: LESSONS OF THE DEGREES

8:30 P.M.

Connect: grange.biz/degreelessons

Join Roger Bostwick as we dive into the Grange ritual, and the lessons taught in the **Third Degree, Autumn**. Open to all members!



JUNIOR GRANGE FOCUS AREA:

DEAF AWARENESS

YOUTH FOCUS AREA:

GRASSROOTS ADVOCACY

ALL TIMES
EASTERN

18: MEMBERSHIP MATTERS

8:30 P.M.

Connect: grange.biz/matters

Join Membership/Leadership Development Director Amanda Brozana for this monthly time to learn about various membership challenges and growth opportunities.

24: COMMUNICATIONS ZOOM-TORIAL

8:30 P.M.

Connect: grange.biz/GrangeZoomtorial

Join the Communications Department for a conversation about your Grange can enhance your communication efforts.

30 FINAL DAY OF GENERAL REGISTRATION FOR 158TH ANNUAL NATIONAL GRANGE CONVENTION

Learn more: nationalgrange.org/158thconvention

You won't want to miss this year's Convention on the banks of the Mighty Mississippi! Registration price goes up on October 1.



Are you a *Grange in Action*?

Apply to be recognized as a Grange in Action
for being active in your community and
completing events or projects

Simple application of one letter-sized page with pictures and captions of at least 3, but no more than 6 events or activities held between Sept 1, 2023 and August 31, 2024 for your Grange. If one of your events/activities/meetings is on Mental Health, you will qualify as a "Golden Grange in Action."

<https://www.nationalgrange.org/grange-in-action>

SUBMISSION DEADLINE: **SEPTEMBER 1**



GROW Club Travel Scholarship



designated to assist
Horizon Leadership Participants
and
National Youth Officers
attending National Grange Convention

Application:

<http://grange.biz/gctravelscholarship>

Deadline: October 20th

NATIONAL PROGRAMS AWAIT YOUTH PARTICIPATION

Youth and Young Adult members are reminded that deadlines are quickly approaching for this year's National Grange Session!

The National Grange Youth Officer Team, Horizon Youth Leadership, and John Trimble Legislative Experience applications are due September 1.

Each of these programs give youth and young adult members the chance to attend this year's National Grange Convention in Bettendorf, Iowa, and participate in many of the activities there, while building leadership skills, networking with current and future Grange leaders, and learning about the Grange and its processes and possibilities.

If you have questions about the programs, please email youth@nationalgrange.org, and visit <http://www.nationalgrangeyouth.org> to learn more about these incredible opportunities.

Do not miss your chance to participate!



GRANGES ENCOURAGED TO APPLY FOR FEDERAL GRANT

by Philip J Vonada

National Grange Communications Director



The National Telecommunications and Information Administration (NTIA) recently opened

applications for their Digital Equity Competitive Grant Program and are encouraging Granges to apply to help find ways to get **Internet for All**.

The goal of the Digital Equity Competitive Grant Program is to fund initiatives that ensure communities have the access and skills to fully participate in the digital world, regardless of their background or circumstances. This program will complement digital equity activities funded by the

Capacity Grant Program.

This is the first funding opportunity from the \$1.25 billion Digital Equity Competitive Grant Program, the third of the three Digital Equity Act programs. The Digital Equity Act provides \$2.75 billion to establish three grant programs that promote digital equity and inclusion.

Granges who participated in the previous Affordable Connectivity Program may find this an easy extension of prior work - helping connect vulnerable and underserved communities to the internet.

Learn more and apply here: <https://www.internetforall.gov/program/digital-equity-competitive-grant-program> Applications are due September 23, 2024.

CELEBRATING NATIONAL IMMUNIZATION AWARENESS MONTH

Raising Awareness and Protecting Our Health Together

August is **National Immunization Awareness Month**!

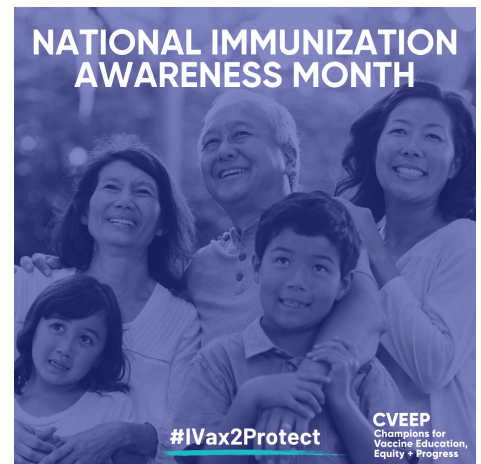
As proud members of [Champions for Vaccine Education, Equity and Progress \(CVEEP\)](#), we are grateful to have the opportunity to share resources and information that raise awareness about the importance of staying up to date with respiratory immunizations like COVID-19, flu, RSV, pneumococcal disease, and pertussis.

As we approach the fall respiratory illness season, it is more important than ever to discuss the safety, efficacy, and science behind

immunizations. By encouraging our friends, families, and communities to learn about the benefits of recommended immunizations and staying up to date, we can help protect ourselves and our loved ones from respiratory illness.

Both CVEEP and the [Centers for Disease Control and Prevention \(CDC\)](#) offer a variety of vaccine resources on their website with information available in both English and Spanish.

Visit cveep.org to learn why immunization is the best defense against severe respiratory illness and



find the tools you need to encourage your community to stay up to date with recommended respiratory vaccines.





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



A Guide to Prepare
for Surgery
Question Prompt List (QPL)

Talking with
a surgeon?



Here are some
questions you
can ask to help
decide what's
right for you.



Planning
for My Future

What do you want to do in the future?
What do you want to do in the future?
What do you want to do in the future?



Are you or a loved one considering surgery?
Do you need guidance on what questions to ask in advance?
Do you want to remain in your home?
Do you want to make sure that your loved ones are prepared?
Do you know how to advocate for yourself?

Consider using this program from the National Grange.

Learn more at

<http://www.seniorsurgeryguides.com>

This program was funded through a Patient-Centered Outcomes Research Institute (PCORI)
Engage Washington PCORI Engagement Award (EAM #30095)

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GRANGE MEMBER BENEFIT



Because pets are family too.
Members can save more on pet insurance!



Nationwide Pet Insurance provides affordable pet health coverage from preventive care to significant medical incidents. National Grange members are eligible for a 5% discount (or more for multiple pets), which makes this peace-of-mind protection even more affordable. Find out why Nationwide is the #1 choice in America for pet insurance.

Click on the link to enroll or get more information.

<https://benefits.petinsurance.com/national-grange>

NATIONAL GRANGE

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Leadership Training & Membership Development - Amanda Brozana, 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 abrozana@nationalgrange.org or call/text (301) 943-1090

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