NC GRANGE TO HOST IST ANNUAL FARMER APPRECIATION DAY

submitted by Jessica Horton

Communications Director, NC Grange

The 1st Annual North Carolina Farmers Appreciation Day (NC FAD), celebration on November 14th, is fast approaching! The North Carolina Grange, the lead organization of this annual day is excited to be hosting this event in collaboration and support of many North Carolina commodities, the NC Dept. of Agriculture and the NC Farm Bureau. Everyone has been 100% supportive of this effort. We are proud to be a part of spearheading this campaign, and we are committed to supporting it year after year.

A designated date to show appreciation to all North Carolina Farmers was introduced at the beginning of the 2023 North Carolina Legislative Long Session.

A Grange Resolution passed by Grantham Grange and then passed by the NC Grange membership at the annual convention was the impetus. After discussions with the Agriculture Committee Leadership at the General Assembly, Rep. Jimmy Dixon of Duplin County was happy to craft a bill for recognizing a North Carolina Farmers Appreciation



Day; and so it was that the second Thursday in November is set aside as a day of appreciation and recognition for all North Carolina farmers and farm families.

In anticipation of Farmers Appreciation Day on November 14th, the NC Grange along with our partners' support has rolled out social media campaigns on Facebook, Instagram and Twitter. We strongly urge all our Grange members to follow the social media posts. In addition to the social media campaign, you can log on to the website at www. ncfarmerappreciation.com to get information on the 2024 Farmer and Young Farmer of the Year applications as well as updates, beautiful photography and posts from North Carolina farm families.

As part of the social media campaign, the NC Farmers

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UPCOMING

September 30

End of National Convention General Registration period http://grange.biz/ng158

October 4 @8:30pm ET

Fellowship First Friday http://grange.biz/FirstFriday

October 8 @ 8:30pm ET

Distinguished Grange - You Can Be One Too http://grange.biz/DGzoom

October 9 @ 8:30pm ET

Issues in Trademarks & Patents
with the USPTO
http://grange.biz/uspto

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PRESIDENTIAL PERSPECTIVE

by Christine E. Hamp National Grange President

Grange is not meant to be - nor can it be successful as - a sideline sport! **Doing** - through active participation - makes Grange successful and makes Granges thrive because it turns intentions into tangible results, creating an active, engaged, and connected team.

The Grange is built on the principles of collaboration, service, and mutual support, but those principles only come to life through action. Every member brings something unique to the game, and when we work together and encourage each other to lift up each other's talents, we build not only ourselves but also our entire community. **Doing** strengthens bonds.

Doing turns the Grange from a static organization into a powerful, living movement that grows through collective strength and shared purpose. **Doing** builds relevance and longevity.

By showing up, by lending a hand, by sharing knowledge, we create something bigger than any single one of us. It's in planting the seeds, in organizing local efforts, and in solving real problems. Doing creates impact.

The Grange thrives on involvement, and that action fuels a ripple effect. One member's work can inspire another, and before you know it, our Grange and our entire community are transformed. **Doing** empowers members. Doing sustains growth. I ask each of you to be the ripple, to **be the DO-er**, to lead by example.

So, why is **DOING** so important? Because it's how we live out our values - not just in words, but in deeds. When each of us takes ownership, we move forward collectively, embracing the heart of what it means to be **Grange Strong**!





THE HEART OF THE MATTER:

Rural Americans are at Risk for Cardiovascular Disease

LACK OF CARDIOLOGISTS



Almost ½ of counties in the United States have NO practicing cardiologist; over 82% of these counties are rural.

MORE HEART DISEASE



Rural populations are 40% more likely to develop heart disease and have a 30% higher risk of experiencing a stroke.²

LACK OF TESTING



Rural adults are less likely than urban adults to have ever had a cholesterol screening or even a recent blood glucose test.³

REDUCED ACCESS TO CARE



The rising rate of cardiovascular disease mortality **disproportionately impacts rural adults because of the great number healthcare access barriers** affecting rural populations.⁴

SHORTER LIFE SPAN



The life span of rural Americans is **3 years shorter** than their urban counterparts.⁵

1. https://www.nbcnews.com/health/health-news/nearly-half-us-counties-dont-single-cardiologist-rcna160229
2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5015359/ 3. https://www.jacc.org/doi/10.1016/S0735-1097%2822%2902457-3 4. https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0246813 5. https://newsroom.heart.org/news/health-disparities-among-the-many-unique-challenges-for-people-in-rural-america

Access to cardiovascular care is a serious problem throughout rural America for patients of all ages. Adults, particularly older adults, who are more likely to require such care, must routinely face the problem of there being fewer cardiologists, medical specialists, hospitals, and pharmacies, to diagnose and provide treatments for their conditions. They have to travel longer distances to receive treatment and care, are more likely to be un/under-insured and experience longer time intervals between care. These impediments are also further complicated by lengthy insurance processes like step therapy which requires patients to try and fail on one or more lower-cost or generic medication before the insurer will cover a more expensive or brand name drug. Given the scarcity of rural providers and pharmacies and distances to them, this extra burden can increase costs for patients for tried and failed drugs and put them at even greater risk.

It is critical to address the complexities, both patient and economic, that are created by the disproportionate burden of cardiovascular disease on rural Americans. There is also a great need for much more patient and provider engagement to encourage adults and their clinicians to address their much higher health risks. Patient education about the importance of routine checkups that include cholesterol screening, the value of prescribed medicines, and the necessity of regular follow up care, particularly for older and at-risk patients are critical.

The National Grange is the only organization focused upon all aspects of rural America. The health disparities facing rural populations are of enormous concern to all of us and we stand ready to work with all interested parties to find real life solutions that improve all of our lives.



FARMER APPRECIATION DAY

Appreciation Day committee is also working with CBS17 on "On Carolina Soil" with Emily Wagner on four spots to showcase NC Farmers Appreciation Day. Emily is the star of these 2 minute power segments focusing on North Carolina farmers and the land and work they love. There will be four of these spots that will be posted on all social media channels and direct TV. One of the two spots that were recently filmed was at Cantina 18, a thriving restaurant in the Village District in Raleigh. Emily talked with proprietor and Chef Jason Smith about his restaurant, and how he supports the North Carolina farming industry by buying products from North Carolina farmers and ranchers. Whether it's Lewis Farm Strawberries from Pender County or pork from Cheshire in Duplin County, you can always expect to see North Carolina products on Cantina 18's menu!

The next stop on this day of hopscotching around Raleigh was the North Carolina Farmers Market in Raleigh. Using a little creativity and lots of enthusiasm, our NC FAD team created a tailgate feast featuring North Carolina products. Most if not all of the food and drink items were purchased or made from items



purchased the NC Farmers Market. The menu included deviled eggs, potato salad, watermelon basket with chopped cantaloupe, grapes and honeydew, NC sodas. peanuts. pickles, and even pimento cheese. On the grill, we



had wings, corn on the cob, burgers, and link sausages. There were even fresh flowers from a flower farm in Iredell County. Emily together with Ron Simmons from the NC Dept. of Ag talked about grilling North Carolina products. It was a fun and festive time. The best part of all of this is not only are we having a great tailgate with fabulous and healthy food, but we are supporting North Carolina farmers and families. "On Carolina Soil" spots will be aired soon on direct TV. The NC Grange staff, greatly appreciates the assistance of John Hammond, Assistant Director Multi-Media and his staff in assisting us with this effort.

For a state that ranks 3rd in agriculture diversity and has an economic impact of over \$100 billion dollars annually, we feel strongly that North Carolina Farmers are deserving of a day set aside for all they do to provide food and fiber to all of us. They help make North Carolina the great state that it is. Nobody does agriculture with such compassion and collaboration than North Carolina. We have so much to be proud of.

Please support all of our North Carolina farmers and farm families on November 14th from "Mountains to Sea." They deserve it!

This idea started as a resolution from Grantham Grange. The NC Grange worked with the North Carolina General Assembly to make it a reality! Congratulations, North Carolina!

GRANGE FOUNDATION SEEKS BOARD OF DIRECTORS CANDIDATES

submitted by Joan C. Smith

Chair, Grange Foundation Board of Directors



The Grange Foundation is seeking candidates to join the Board of Directors, with election to be held on November 11 during the National Grange Convention.

The two-year term runs from November 2024 through November 2026.

We will be electing two members for the expiring terms of Joan C. Smith (DC - not seeking reelection) and Marty Billquist (MT). The Board of Directors meets 8 times a year, every other month; five (5) meetings via ZOOM and three (3) face-to-face at National Grange Leaders' Conference and at the National Grange Convention.

The Grange Foundation supports youth development, promotes agriculture education and research, improves communities, and fosters culture, heritage, citizenship, and charitable activities.

Come join your Grange Foundation Board, be part of the programming of the Grange at the National level.

Please email ngfb@grange.org telling us why you would like to be part of this Board and a short biography. I look forward to hearing from many of you. Your responses will be provided to all delegates prior to the Convention to support the voting on Monday, November 11.

Candidate information is due by October 11th.

- January 2024 Financial Review
- February 2024 1-N-1000 Club Annual Zoom Meeting
- <u>February 25</u>, 2024 Applications For GF and National Ag In-the-classroom (NAITC)
 "Partnership In Ag Literacy" Due Open To All Granges and Grangers
- March 1, 2024 GF Scholarship Applications Due
- April 10 Ernestine Keiser Scholarship Winner Announced
- May 1, 2024 Deaf Awareness Grant Applications Due
- February May Review Grange Foundation Corporate Documents
- <u>June</u> Grange & National Agriculture-in-the-classroom (NAITC) Award Presentation, Salt Lake City, Utah
- August 28- 1-N-1000 ZOOM
- November
 - Annual Meeting with Delegates BoD Election
 - Fundraising Auction
 - BoD Elects Officers
- ALL YEAR \$24 IN 2024 Contributions
- ALL YEAR MAMP Meal-a-month Program, Give To Gf And Eat At Home Once A Month

11/13/202

A list of Grange Foundation Board efforts in 2024.

Graphic provided.

2024 GF

HAPPENINGS

ORDER NEW GRANGE GEAR!

The National Grange Communication Fellows and SHIPmates are running a limitedtime fundraiser.

T-shirts have the Grange emblem on the front, with a design that says "Before literature existed, before governments were known, agriculture was the calling of man and all the fruits of social progress grew from the brown soil" on the back.

You can also order 3/4-zip fleeces, short sleeve denim button-downs, polos, or computer bags.

Order by September 29 at http://nationalgrange2024.
itemorder.com





NATIONAL GRANGE

OF THE ORDER OF PATRONS OF HUSBANDRY

View from the Hill



NATIONAL GRANGE POLICY UPDATES & ISSUE NEWS

September 2024

AGRICULTURE & FOOD

Last-ditch appeal for a farm bill now

Farmers hammered hardest by commodity market declines hit Capitol Hill in early September for a final push to get a new farm bill this year. In an unusual lobbying strategy, teams of farmers representing the row crops that depend upon the major commodity title programs were accompanied by ag lenders who made the case that many of these farmers will face a dire financial situation because of price declines heading into the next year. But time is fast running out to pass a new farm bill. The Senate Agriculture Committee has taken no action, and the House Agriculture Committee farm bill has a \$33 billion funding gap. Congress will likely pass a one-year extension in the lame-duck session after elections.

Reality check on food price policy

A majority of consumers in both political parties apparently believe elected officials of either party can help lower grocery prices given how important inflation is to likely voters this fall. Despite what both Vice President Harris and former President Trump are promising on the campaign trail, the next leader of the free world has limited options to lower food costs in a speedy or widespread manner. However, the next President might try using the bully pulpit, increasing antitrust enforcement, enforcing a price-gouging ban, and, many economists argue, expanding the domestic energy supply.

Food aid shortages cause concern

Delayed, canceled, partial, and expired food deliveries to tribal and senior USDA food assistance programs caused a stir on Capitol Hill, resulting in a major hearing before the House Agriculture and Appropriations Committees. Around 800,000 people rely on these feeding programs often because they lack access to grocery stores. It was discovered that USDA had consolidated its distribution system with only one contractor. That contractor will be called back to Capitol Hill at a later date to investigate the situation further.

HEALTH CARE

Rural maternal health is a growing concern

A lack of access to obstetric care in rural areas is a known and growing challenge. Recent closures of rural obstetric units and hospitals have exacerbated concerns about access to care for millions of women of reproductive age living in rural communities. Many rural areas have a shortage of providers with training in maternity care. Long travel distances hinder access to prenatal care, delivery, and postpartum care, leading some women to temporarily relocate near an obstetrics facility or to choose to have a C-section. Some areas are looking at creating regional obstetrics hubs in existing rural hospitals.

Focus on obesity

National Grange president Chris Hamp recently highlighted the public health issue of obesity in rural America. In a letter to the House Energy and Commerce Committee Chair Cathy McMorris Rodgers (R-WA-05), Hamp pointed out the adverse impacts of obesity on Type 2 diabetes, cardiovascular disease, and other chronic conditions. Hamp urged the Chair to move the Treat and Reduce Obesity Act (TROA) through her committee and send it to the house floor for passage with broad bipartisan support. TROA would allow those aging into Medicare who are on existing obesity medications to continue to have access to them.

Granges advocate for dialysis patients

The National Grange and 21 state Granges petitioned the Centers for Medicare and Medicaid Services to leave the current policy for obtaining Phosphate Lowering Therapies (PLTs) in place. Patients with chronic kidney disease on dialysis depend upon PLTs to stabilize their phosphate levels. These need to continue to be available in pill form from the local pharmacy without having to travel to a dialysis center for injections and to continue to be paid for by Medicare Part D.

Small molecule medicines for chronic diseases

The National Grange joined patient groups to call on Congress to protect small molecule medicine access and innovation and pass the EPIC Act. The EPIC Act would rectify unintended consequences of the Inflation Reduction Act that created disincentives for small molecule research. Small molecule medications are adept at crossing the blood-brain barrier for the treatment of neurological conditions such as epilepsy, Parkinson's, Alzheimer's, depression, and other mental health conditions.

TELECOMMUNICATIONS

5G mobile wireless broadband coming

The Federal Communications Commission (FCC) is set to roll out the first phase of the 5G Fund for America. The \$9 billion effort will fund the deployment of fixed wireless voice and broadband service infrastructure to unserved rural areas. Small antennas will be placed on buildings every few blocks in cities and on utility poles and other locations in rural areas. In remote rural areas, additional technologies may be required. These funds are in addition to \$42.5 billion BEAD broadband deployment program currently being distributed to the states.

TRANSPORTATION

Keep ag supply chain open

A wide cross-section of the agricultural supply chain faces imminent and severe shipping disruptions due to rail embargoes impacting trade with Mexico, potential labor strikes at East Coast ports, and historically low water levels on the Mississippi River. It's harvest time, and moving a large crop to world markets may be challenging. The National Grange, agriculture groups, food companies, and exporters wrote President Biden this week asking him and his administration to pursue all avenues to mitigate supply chain challenges facing U.S. agriculture.

PERSPECTIVES

"No hour of life is wasted that is spent in the saddle."
- Winston Churchill, former U. K. Prime Minister

"I've often said there is nothing better for the inside of a man than the outside of a horse"

- Ronald Reagan, 40th U.S. President

"I can make a general in five minutes, but a good horse is hard to replace."

- Abraham Lincoln, 16th U.S. President

"There is something about riding down the street on a prancing horse that makes you feel like something, even though you ain't a thing."

- Will Rogers, American vaudeville performer

"Courage is being scared to death but saddling up anyway."

- John Wayne, American actor

OF INTEREST

Former senator, Ag Secretary, recognizes Grange

Mike Johanns was Nebraska's U.S. Senator from 2009-2015 and Secretary of Agriculture from 2005-2007. His recent op-ed in Washington's Agri-Pulse newsletter profiled the National Grange's longstanding opposition to patent trolls. Patent trolls are non-practicing entities that are shell companies that acquire patents but do not actually produce anything. Trolls then bring meritless patent infringement lawsuits against manufacturers of high-tech equipment that are vital to farmers and ranchers.

House passes oversight of foreign land purchases

The House of Representatives passed legislation in September that would increase oversight of farmland purchases by investors from China, Russia, Iran, and North Korea. The bill, sponsored by Representative Dan Newhouse (R-O4-WA), adds the Secretary of Agriculture to the Committee on Foreign Investment in the United States. The group is an interagency body tasked with screening foreign investments in U.S. companies or property for potential threats to national security. Foreign investors owned or leased 43.4 million acres, or about 3.4% of the nation's total farm, ranch, and forest land, in 2022, according to USDA. Representative Newhouse is a former National Grange Champion of Rural America recipient.

Close China trade loophole

House Democrats have called on President Biden to end a trade provision that's been a boon for China's e-commerce companies. They urged the President to take quick executive action to address what is known as the de minimis provision in U.S. trade law, which lets shipments valued at \$800 or less enter the country with relatively little scrutiny. Critics, including members of both parties, claim that de minimis allows importers to potentially circumvent a U.S. crackdown the U.S. on goods made with Chinabased forced labor and provides a conduit for dangerous contraband such as fentanyl to enter the country amid the deluge of packages.



VIEW FROM THE HILL
is written and compiled by
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FREE SUICIDE PREVENTION COURSE AVAILABLE FOR **RURAL YETERINARIANS, FARM WORKERS**

ITHACA. N.Y. Cornell University's College of Veterinary Medicine and NY FarmNet, in partnership with Rural Minds, has launched a free online course. "Mental Health and Suicide Prevention in Rural America." designed to give learners practical support strategies and resources navigate mental health challenges in rural communities.

Tailored for veterinarians. agribusiness professionals and veterinary students, the course reviews specific mental health issues, including suicide, in rural America and provides information to mitigate them. All those with interest are welcome to access the course at eCornell.

"As a dairy farmer, I know firsthand that veterinarians are an integral part of all rural communities. And they may be among the first to see warning signs that a client is experiencing a mental health challenge but may not recognize those same signs in themselves." said Jeff Winton. a Cornell alum and founder and chairman of Rural Minds, a nonprofit organization dedicated to promoting mental health in rural America.

Research has shown that rural communities have approximately 65% higher rates of suicide in their population compared to urban areas. Farmers are twice as likely than those in other occupations to die by suicide - a statistic likely exacerbated by financial instability and isolation.

members Rural community also face barriers to care. Rural areas have 20% fewer primary care providers than urban areas, with 65% of rural counties lacking a psychiatrist. Furthermore, many rural community members have expensive or nonexistent internet service and lack adequate health insurance coverage.

"Professionals working in ruralagricultural regions face immense challenges related to stress and mental health," said Adam Howell, NY FarmNet's outreach director. "NY FarmNet is proud to see this new educational initiative come to fruition as we work together to alleviate the mental health crisis afflicting rural communities across America."

The course provides practical tips to help with mental health challenges, including recognizing and responding to warning signs, as well as providing key information on resources such as crisis hotline numbers and local supports.

For additional information, read this Cornell Chronicle story.

If you would like to speak to someone from Rural Minds about the program, please contact Chuck Strand or Patrick Fannon, and for more information on the organization, go to ruralminds.org.

OCTOBER 2024 NATIONAL GRANGE EVENTS

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

> ALL TIMES **EASTERN**

4: FELLOWSHIP FIRST FRIDAY

8:30 P.M. Connect: grange.biz/FirstFriday

Join us for a time for fellowship, thought-provoking conversation, and connecting with Grange members. October topic: 10-4- The secret language of first responders & the military

8: DISTINGUISHED GRANGE: YOU CAN BE ONE TOO!

GRANGE-STRONG

8:30 P.M.

Connect: grange.biz/DGzoom

The National Grange has released the 2025 Distinguished Grange applications! Join us to learn more about the process and how YOUR Grange can be a Distinguished Grange, too!

9: ISSUES IN PATENTS & TRADEMARKS 8:30 P.M. Connect: grange.biz/uspto

Join the U.S. Patent & Trademark Office for an informational Zoom about how your Grange can

protect itself from trademark violations.

15: GRANGE FOUNDATION BOARD **NOMINATIONS DUE**

Email name & bio to ngfb@grange.org and champ@nationalgrange.org. More info: grange foundation.org

16: MEMBERSHIP MATTERS

8:30 P.M. Connect: grange.biz/matters

Join Membership/Leadership Development Director Amanda Brozana to learn about various membership challenges and growth opportunities. **Celebrating Grange & membership milestones**

22: LECTURER'S FORUM

8:30 P.M. Connect: grange.biz/lecturerforum

ALL TIMES

EASTERN

Join National Grange Lecturer Tom Gwin for a review of Lecturer's programming around the country, and a sneak peek at what's to come from

the National Grange Lecturer's Department in 2025.

DEADLINES:

October 1 -

Firefighter/LEO/Teacher of the Year Nominations

October 20 - GROW Club Travel Scholarship



JUNIOR GRANGE FOCUS AREA: COMMUNITY SERVICE

YOUTH FOCUS AREA: EDUCATION



FINAL WEEKEND FOR GENERAL REGISTRATION

The General Registration period for the 158th Annual National Grange Convention, being held in Bettendorf, lowa, ends on September 30th. We encoruage Grange members and friends nationwide to register soon.

The schedule of events and tours is available on the National Grange's website at http://www.nationalgrange.org/158thconvention.

As we started in the previous issue of Grange Today!, we are excited to continue releasing more of the workshops on the schedule:

Running a Grange meeting, led by SHIPmates Christina Webster (CA) and Nathan Strawder (KS).

Learn more about the parliamentary procedure, form teams, and run through a meeting. Learn about what to do, when to do it, and how to do it when it comes to motions, amendments, movements, and more.

Regional Seedballs & Pollinators (Milkweed) - Mary Blair, Iowa County Conservation naturalist.

Learn about pollinators and why the Monarch butterfly is so important. Learn about what you can do to help, and create seedballs with native plants and milkweed unique to your region of the country.

Dungeons and Dragons, The First Four Degrees, led by Emma Edelen (IA).

Do you like rolling dice? Do you enjoy working with others? Haven't had the opportunity to roleplay in a while? Do you crave the fragile balance of chance and probable outcomes? Please join us as we go on an adventure through and learn about the first four degrees while playing a little DnD.

Internet Safety, led by Brian O'Dell (IL)

In two separate workshops, geared toward teens and adults,

you will learn how to spot scams online and how to keep yourself safe. You'll also learn steps to take if you believe you've been scammed.

In all, more than 50 individual workshops will be offered during the Convention, geared toward ALL members of the Grange. In addition to educational (and entertaining) workshops, there will also be roundtables for members, led by National Grange leaders and departments. Some workshops require pre-registration and payments, including Cookie Decorating, Board and Brush, card making, and others.

All workshops are open to all attendees at the Convention. Some workshops will be recorded and released on the National Grange YouTube channel and social media following the Convention.

GRANGE MEMBER BENEFIT: LENOVO

Semi-Annual Sale is back!

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Text GRANGELENOVO to 833-344-0228 to receive exclusive limited time offers. 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.

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Order by October 21, or they'll be off the market!

Grange Hall Dedication plaques from 1947 – made of wood with felt backing.

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www.grangestore.org

NATIONAL GRANGE

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