



PRESIDENTIAL PERSPECTIVE: A REMINDER...

by Christine E. Hamp
National Grange President

As I watched much of the coverage of the 60th inauguration of the President of the United States earlier this week, I was reminded of the power, the promise, and the necessity of unity. Our nation's strength lies not in the divisions that separate us but in the bonds that bring us together as one people committed to building a brighter future.

As I said in my initial external address (watch it here: <https://grange.biz/24externaladdress>) as President of the National Grange given this past November at our 158th annual session, "regardless of our personal preference, we must come together and work cooperatively as a nation for ourselves, our communities, our future generations, and our world. We must afford others charity in our dealings. We must act with civility and with common sense. We must be united in these United States."

In our Granges, we must lead by example. Each of us has a role in fostering an environment where collaboration and respect thrive, even when we hold differing views. By putting personal beliefs aside, we demonstrate that progress is

possible when we prioritize the greater good over individual differences.

Our Granges have long been pillars of connection and community, places where neighbors come together to share ideas, support one another, and solve challenges. Today, as leaders within our communities, let us rededicate ourselves to these values. Let us show our neighbors and the nation what unity looks like – not just in words but in action.

Again, from my 2024 external address, "In the Grange, we do that not by talking politics, but by talking issues; not by taking up partisan platforms, but by committing to nonpartisan advocacy. We do this with eyes forward, focused on a prosperous future for our nation, through a common sense lens."

When we work together, respecting every voice and honoring our shared purpose, we embody the very ideals that make our country strong. Let us seize this moment to reaffirm our commitment to these principles, standing together as **Grange Strong!**



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GRANGE STRONG



BOOK NOW TO “GET ON BOARD”

by Amanda Brozana

National Grange Membership &
Leadership Development Director



It's time to book your place on board the 159th Annual National Grange Convention cruise.

The National Grange's 159th Annual Convention is less than 300 days from setting sail, and you won't want to miss this once-in-a-lifetime adventure. From November 8-16, 2025, Grange members will come together aboard the Carnival Horizon for eight unforgettable days of fellowship and exploration of the southern Caribbean's most breathtaking destinations: Aruba, Bonaire, and Curaçao.

"To be relevant and to grow, Grange at every level must be fun - this convention cruise is designed to be the perfect

blend of business and pleasure," National Grange President Christine Hamp said.

While officers and delegates handle important Grange business during sea days, all members can enjoy the ship's endless amenities and participate in special activities hosted by the Eastern host region.

Picture yourself snorkeling in vibrant coral reefs, basking on pristine beaches, or wandering through colorful island towns steeped in culture. Back aboard the Carnival Horizon, indulge in world-class dining, relax at the spa, or enjoy thrilling activities like the onboard water park. State-specific events, movies under the stars, and exclusive Grange merchandise will add to the fun and fellowship.

Booking is simple, and you are encouraged to invite your Grange friends and those who have not yet joined the Grange to come with us on the sea. Secure your spot with a \$250 deposit per

To book, call Carnival Group Department at **866-721-3225** with Group Booking Number **D7TC22**. If you have any questions about the cruise, email convention@nationalgrange.org.

person, with no further payments until August 2025. Roommates can even book and pay separately for added convenience. Special needs accommodations are available to ensure everyone can join in the fun.

Don't miss this incredible opportunity to create lasting memories while advancing the mission of the National Grange. Reserve your cabin today and join us as we sail from Miami to paradise!

Learn more by visiting nationalgrange.org/159ngconvention.

Submit your
stories,
events, and
ideas to...

GRANGE



Today!

<http://grange.biz/grangetodaysubmit>

SHARE YOUR GRANGE'S PROJECTS TO HELP BUILD PROJECT SUSTENANCE RESOURCE LIBRARY

by Amanda Brozana

National Grange Membership
& Leadership Development Director

Granges across the nation are tackling important challenges, creating impactful programs, and serving their communities in ways that inspire change. Whether it's organizing community dinners, offering classes on self-reliance, or hosting health and wellness fairs, nearly every Grange has programs that meet pressing needs in their communities. Now, it's time to take the next step: share those successes and ideas to build a library of resources that other Granges around the country can use to inspire and replicate or build up on your results.

By submitting information about your Grange's programs, projects, and outreach, you provide invaluable resources to fellow Granges. These shared efforts prevent duplication of work, allow others to adapt and implement proven ideas, and maximize the impact of our collective volunteer time. Imagine the difference we could make if every Grange could benefit from the tested and creative solutions others have already developed.

Granges can submit a wide range of information about their initiatives, including program descriptions, planning materials, budgets, attendance numbers,

Use this link or QR code to
submit your project:
grange.biz/pjsubmission



and even templates for promotional materials such as flyers or social media posts. Have you hosted a food pantry, collected rainwater, taught financial literacy, or organized a wellness fair? These programs can serve as templates for others. Sharing partnerships with local organizations or unique strategies for engaging Junior Grange members adds another layer of value for Granges seeking guidance.

To help foster this collaboration, the National Grange is collecting information on initiatives under Project Sustenance. This national initiative focuses on three pillars: food security, self-sustainability, and resilience—areas where Granges already excel. Submissions will contribute to a toolkit of ideas, complete with descriptions, resources, and success stories, to be shared nationwide. There are already some great resources available on the National Grange website under the Project Sustenance page, including 30 project ideas that you can sort by pillar.

Your Grange's efforts could spark inspiration, provide solutions, and improve lives in communities far beyond your own. Don't let your good work remain siloed—be part of a movement that lifts every Grange and every community.

Submit details about your projects today and join a growing network of collaboration and shared purpose. For more information, visit **www.nationalgrange.org/projectsustenance**. Together, we can ensure our work makes a lasting impact.



NATIONAL GRANGE

OF THE ORDER OF PATRONS OF HUSBANDRY

View from the Hill



NATIONAL GRANGE POLICY UPDATES & ISSUE NEWS

January 2025

Big policy issues for Grangers loom in 2025

IMMIGRATION

The unchecked flow of illegal immigrants into the United States has been a long-term priority for President Trump. It struck a note with the American public as well and certainly played a role in Trump's reelection efforts. Deportation looms large and appears to have the general support of the public. But who will be deported, and when will this occur? Which immigrants will be deemed necessary to provide the workforce to keep the American economy humming, and how will this necessity be handled? The tech industry depends upon a highly skilled immigrant workforce to keep it a world leader. Many farmers, ranchers, large corporations, and small businesses rely on immigrants, many of whom are in the country illegally. Can a legal temporary workforce become part of the package?

TARIFFS AND TRADE

Tariffs are a tool used to level the playing field on trade between countries. When one country levies tariffs against another country, it may spark retaliation by placing tariffs on products from the first country, thereby reducing imports from that country. President Trump has promised to levy tariffs on Mexico, Canada, and China, major importers of American agricultural products. If these countries retaliate with high tariffs on the U.S., American agriculture export markets will be adversely affected.

TAXES

Major tax breaks enacted in the 2017 Tax Cuts and Jobs Act will expire this year. These tax cuts have been credited with a resulting boost to the economy in the form of added jobs, new research and development, business expansion opportunities, and more. Expiring tax provisions include pass-through deductions for farmers, ranchers, and small business owners, lower individual income tax rates, expanded Tax brackets, estate tax exemption threshold, full expensing of certain capital expenses, and amortizing research and development expenses. Uncertainty about if and when these tax provisions might be addressed by Congress could affect both individual and business financial decisions.

FARM BILL

The 2018 Farm Bill expired last year and was extended until September 30, 2025. Passing a new farm bill is a priority for Congress in 2025. But that will not be easy. As commodity prices decline, more money will be needed in the bill to bolster the price support safety net required to protect our nation's food supply. The Inflation Reduction Act (IRA) added several billion more funding to agriculture conservation programs. Several congressmen support reducing conservation funding in the farm bill to pay for other farm bill titles. There is currently \$14 billion in unspent IRA conservation funding that could be targeted



GET ON BOARD!

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NOVEMBER 8-16, 2025

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by the budget reconciliation process. Over 80% of farm bill expenditures go to support human nutrition programs such as the Supplemental Nutrition Assistance Program (SNAP). Many in Congress say increasing efficiencies and reducing waste in these feeding programs are needed more than additional dollars. These two issues alone will polarize Congress and slow the process.

CLIMATE REGULATIONS

Several industries are currently in court challenging new climate-related regulations. One is the EPA rule that requires existing coal plants and new natural gas plants to reduce 90% of their carbon dioxide emissions using carbon capture and sequestration. The National Rural Electric Cooperatives Association claims the rule exceeds the agency's statutory authority. Twenty-three state attorneys general have filed a similar lawsuit. Another is the Interior Department rule that allows new conservation leases to compete with traditional multiple-use leases like grazing and mining on public lands, which results in idling those lands for economic use.

AVIAN INFLUENZA

The bird flu outbreak has persisted for two years, moving through wild birds, into poultry flocks, and now into dairy herds. Sixty-three human cases have been documented to date, though most experienced mild symptoms and the cases were confirmed to be in close proximity to birds, poultry, or dairy cattle. USDA has issued an order requiring testing of unpasteurized milk in 13 states. This program is expected to expand to all states in the lower 48. USDA has approved trials for seven possible bovine vaccines.

PERSPECTIVES

"Where liberty dwells, there is my country."

- Benjamin Franklin, American author, inventor, and diplomat

"When I was growing up, I don't remember being told that America was created so that everyone could get rich. I remember being it was about opportunity and the pursuit of happiness."

- Martin Scorsese, American filmmaker

"It is not what we have that will make us a great nation, it is the way in which we use it."

- Theodore Roosevelt, 26th President of the United States

"Patriotism is easy to understand in America, it means looking out for yourself by looking out for your country."

- Calvin Coolidge, 30th President of the United States

"Duty, honor, country. These three hallowed words reverently dictate what you ought to be, what you can be, what you will be."

- Douglas MacArthur, American General and Commander



VIEW FROM THE HILL

is written and compiled by

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SUPPLY STORE

www.grangestore.org



GOOD DAY!™ JANUARY 2025

The January 2025 issue of *Good Day!* magazine covers our 158th Annual National Grange Convention, previews the 2025 Convention, highlights member accomplishments - including a living history of Grange memorabilia, and much more. This issue includes the final article in our United States agritourism feature, and also includes recipes that take you from stock to soup!

\$5.00 PER ISSUE

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GUIDELINES FOR GRANGE LEADERS

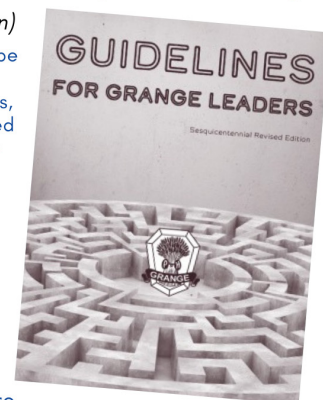
(Sesquicentennial Revised Edition)

This book aims to define and describe the duties and responsibilities of Pomona and Subordinate Presidents, Lecturers, Secretaries and appointed committees. This book is meant to assist in carrying out duties and responsible.

Sesquicentennial Revised Edition was edited by Betsy E. Huber, past National Grange President.

\$6.00 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.



What to Know About Pneumococcal Vaccines for Children and Adolescents

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Equity + Progress

Pneumococcal disease is caused by the bacteria *Streptococcus pneumoniae* and can lead to severe infections like pneumonia, meningitis, and bloodstream infections. These infections can be particularly dangerous for certain populations, including older adults, young children, and those with chronic health conditions.¹

Pneumococcal vaccination helps prevent severe infections that can lead to hospitalization or even death. Being vaccinated reduces the risk of complications from pneumococcal disease, especially in children.

Children 2–18 Years Old With a Risk Condition

➔ According to the CDC, children and adolescents (2–18 years of age) may need more than the routine childhood pneumococcal vaccine doses if they have certain risk conditions. The type of pneumococcal vaccine and number of doses needed depend on the child's age, the specific condition they have, and the vaccines they've already received.

My child or adolescent has a risk condition and may need additional vaccination against pneumococcal disease. What steps should I take to ensure they are up to date with their vaccines?

➔ If an individual 18 years of age or younger has a qualifying risk condition, pneumococcal vaccines are often available at pediatric and family practice offices. For those who are uninsured or eligible, vaccines may be available for free through the Vaccines For Children (VFC) Program.²

If your child or adolescent has any of the below conditions, talk to their healthcare provider to ensure their pneumococcal vaccines are up to date:

- ▶ Cerebrospinal fluid leak
- ▶ Chronic liver disease
- ▶ Cochlear implant
- ▶ Immunocompromising condition
- ▶ Diabetes mellitus
- ▶ HIV infection
- ▶ Chronic kidney disease, excluding maintenance dialysis or nephrotic syndrome
- ▶ Congenital or acquired asplenia, or splenic dysfunction
- ▶ Maintenance dialysis or nephrotic syndrome
- ▶ Chronic lung disease
- ▶ Sickle cell disease or other hemoglobinopathy
- ▶ Diseases or conditions treated with immunosuppressive drugs or radiation therapy
- ▶ Chronic heart disease

If you have any questions about pneumococcal vaccines or whether your child or adolescent has eligible risk conditions, please talk to a healthcare provider.

¹ <https://www.cdc.gov/pneumococcal/about/index.html>

² <https://www.cdc.gov/vaccines-for-children/about/index.html>

What to Know About Pneumococcal Vaccines for Adults

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Pneumococcal disease is caused by the bacteria *Streptococcus pneumoniae* and can lead to severe infections like pneumonia, meningitis, and bloodstream infections. These infections can be particularly dangerous for certain populations, including older adults, young children, and those with chronic health conditions.¹ Thousands of older adults are hospitalized with pneumococcal disease every year, and half of all deaths from this disease are among people 65 and older.²

Adults 19–49 Years Old With a Risk Condition

➔ According to the CDC, adults ages 19–49 may need more than the routine childhood pneumococcal vaccine doses if they have certain risk conditions. The type of pneumococcal vaccine and number of doses needed depend on the specific condition you have and the vaccines you’ve already received.

To learn more about CDC’s specific guidance on based on your specific condition and vaccine history, click [here](#).

If you have questions about pneumococcal vaccines or whether you have an eligible risk condition, please talk to a healthcare provider.

If you have any of the below conditions, talk to your healthcare provider to ensure your pneumococcal vaccines are up to date:

- ▶ Alcoholism
- ▶ Chronic lung or heart disease
- ▶ Cigarette smoking
- ▶ Cochlear implant
- ▶ Cerebrospinal fluid leak
- ▶ Damaged spleen or having no spleen
- ▶ Disease or condition that weakens the immune system
- ▶ HIV infection
- ▶ Congenital or acquired immunodeficiency
- ▶ Congenital or acquired immunodeficiency
- ▶ Sickle cell disease or other inherited blood disorders
- ▶ Diabetes mellitus
- ▶ Congenital or acquired asplenia, or splenic dysfunction
- ▶ Chronic renal failure or nephrotic syndrome
- ▶ Diseases or conditions treated with immunosuppressive drugs or radiation therapy

¹ <https://www.health.ny.gov/publications/2406/>

² <https://www.cdc.gov/pneumococcal/about/index.html>

6 DOCTOR-APPROVED NEW YEAR'S RESOLUTIONS FOR BETTER HEALTH IN 2025

Courtesy of Brandpoint

As we turn the page to a new year, many of us are writing our list of resolutions. While grand goals like “lose weight” or “eat healthier” often take center stage, these can quickly feel like a mountain too steep to climb, leaving many of us overwhelmed before we even begin. This year, it’s time to flip the script on those common lofty resolutions and, instead, prioritize small, purposeful changes that can offer real and tangible health benefits.

Dr. Vontrelle Roundtree, family practitioner and Associate Chief Medical Officer from MD Live by Evernorth, weighed in with six health resolutions for the new year, designed to be simple, actionable tips that can make a meaningful impact on your well-being.

1. Take your sick days seriously

We’ve all been there—pushing through work or errands despite feeling under the weather. However, ignoring your body’s signals can backfire, prolonging recovery and increasing the risk of health complications. In fact, studies have found that a lack of rest can affect how fast you recover when you get sick. So, in 2025, take the time to prioritize healing over hustle.

Doctor’s orders: “Resting when you’re ill helps your immune system work more effectively and reduces the spread of infections to colleagues or loved ones,” says Dr. Vontrelle Roundtree, Associate Chief Medical Officer for MD Live by Evernorth, a virtual care

provider. “Taking sick days is essential to protecting your health and those around you.”

2. Schedule (and keep) your annual checkup

Your yearly checkup is a key part of preventive health, yet many people skip it unless they’re feeling sick. Routine exams can identify potential health problems early, leading to better outcomes in the long run.

Doctor’s orders: “An annual physical isn’t just a box to check,” explains Dr. Roundtree. “It’s an opportunity for your doctor to spot potential issues in your health, like rising blood pressure or early signs of chronic conditions, that might otherwise go unnoticed.”

3. Trust your ‘ill-tuition’

Your body has a way of signaling when something’s off with your health - also known as your “ill-tuition” - but all too often people ignore those early signs and delay seeking care.

Doctor’s orders: “Many patients dismiss symptoms until they become unmanageable,” Dr. Roundtree explains. “However, delaying care can lead to a worsening of symptoms. Trusting your ill-tuition and acting on it early can make all the difference for a timely diagnosis and treatment.”

4. Make mental health non-negotiable

Mental health often takes a backseat to physical wellness, but the two are deeply interconnected. Research suggests that untreated mental health issues, such as anxiety or depression, can lead to physical symptoms like chronic fatigue, digestive problems, and even an increased risk of heart disease.

Doctor’s orders: “Unaddressed mental health issues can have a ripple effect on your overall well-being,” says Dr. Roundtree. “Simple practices like mindfulness, journaling, or regular therapy sessions can significantly improve your resilience and reduce stress levels.”

5. Expand your social circle

Loneliness doesn’t just take an emotional toll; it’s a documented health risk. According to recent studies, chronic loneliness can increase the risk of heart disease, stroke, and dementia, among other

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GRANGES URGED TO PARTICIPATE IN “REACHING RURAL SURGICAL SENIORS”

The National Grange is proud to continue its commitment to serving rural communities with the “**Reaching Rural Surgical Seniors**” project. This initiative provides vital resources to help seniors in rural areas navigate the challenges of preparing for and recovering from surgery. Granges nationwide play an essential role in ensuring the success of this project by connecting seniors with tools and support that can make a real difference in their health outcomes.

To make your involvement easier, resources are available at seniorsurgeryguides.com. This site offer practical advice for seniors, families, and caregivers, covering topics such as pre-surgery preparation, post-operative care, and tips for managing communication

with healthcare providers and preparing for the future.

Your Grange’s active participation is not only vital to the seniors in your community but also contributes to the overall impact of this project. Remember to submit your Grange’s activity report, available on the resources page at the same website.

Submitting these reports allows the National Grange to track progress and evaluate the initiative’s effectiveness. Additionally, as an incentive, Granges that complete and submit reports will receive a financial reward to support their continued efforts in serving their communities.

Let’s make a meaningful difference together. Visit seniorsurgeryguides.com to access the resources, share

Questions about preparing for the future?



Visit
seniorsurgeryguides.com



them widely, and ensure your reports are submitted promptly. Your involvement helps create healthier, more informed rural communities and showcases the National Grange’s dedication to service and outreach.

Act now and let your Grange shine as a leader in this impactful project.

MAKE TODAY A  **Good Day!** TM **SUBSCRIBE:**
NATIONALGRANGE.ORG/GOODDAY

HEALTH RESOLUTIONS

health concerns. A robust social network, on the other hand, can reduce stress, promote healthier behaviors and even increase lifespan.

Doctor’s orders: “Humans thrive on connection,” Dr. Roundtree expressed. “Joining a group, reconnecting with old friends, or simply scheduling regular social activities can provide a meaningful boost to your health.”

6. Learn your family’s medical history

Taking the time to understand your family’s health history can offer critical insights into your own health. These insights can help your doctor take proactive measures if necessary, such as earlier screenings for potential hereditary conditions.

Doctor’s orders: “Start the conversation at your next family gathering,” suggests Dr. Roundtree.

continued from page 8

“Knowing whether conditions like diabetes, heart disease, or certain cancers run in your family can help make a powerful difference for early detection and prevention.”

Prioritizing your health in 2025 doesn’t require a complete overhaul of your lifestyle. And, when you find yourself in need of care or other support from a healthcare provider, virtual care can make it easier and more convenient to get help. Many consumers already have access to virtual care services like MD Live by Evernorth through their health insurance. As your new health benefits take effect this year, check with your health insurance provider to see what virtual care services are available to support your 2025 health resolutions.

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NATIONAL GRANGE

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