



MICHIGAN GRANGE NEWS



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March-April, 2018

April is Grange Month

Celebration of the Sesquicentennial Anniversary Of Our Order

WHEREAS, The Grange celebrates its 150th birthday throughout the years 2017-2018; and

WHEREAS, The Grange has played a major role in the development of rural America during three centuries, advocating for legislative protection for farmers through the Granger Laws in the 1800s; promoting research and education to improve agriculture through the Cooperative Extension Service and Land Grant Colleges and working to expand mail delivery and electricity to rural areas in the 1900s; and encouraging the expansion of broadband internet service in the 2000s; and

WHEREAS, The Grange continues today to be an active force in thousands of communities across the country; and

WHEREAS, The Grange provides leadership, motivation, and education to bring together rural and urban families and offers them opportunities for personal growth and individual expression; and

WHEREAS, The Grange emphasizes civic responsibility and the involvement of people in the legislative process; and

WHEREAS, The Grange promotes service to the local community and volunteerism to improve the quality of life and economic well-being of its members and friends; and

WHEREAS, Grange members everywhere wish to celebrate and express their pride in the legacy of their highly respected organization;

THEREFORE, I Betsy E. Huber, Master of the National Grange, do hereby proclaim the year beginning December 4, 2017 as the Grange Sesquicentennial Celebration, and further I do encourage the participation of each Junior, Community, Pomona, and State Grange in this celebration of Grange history and legacy by planning and executing programs and activities that will highlight the Grange in their respective communities.

Betsy E. Huber

President, National Grange

GREAT LAKES GRANGE LEADERSHIP CONFERENCE

This year the **Midwest Youth-Junior Conference** is being held in Michigan at **Home Grange in Marshall, MI**. Its been decided to combine the GLGL Conference with them. The dates are **June 15,16,17**. The cost is \$50 for meals and you'll be responsible for getting your motel in Marshall. You can camp at the hall but there are no hook-ups. Youth / Juniors will be sleeping on the floor of hall. Final plans have not been made, but I thought I'd let you folks know in case you think you'd like to come. Information and forms will be ready soon. If you think you'd like to come, **e-mail me** and I'll send the info to you. Again final plans and arrangements are in the works.

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HOPE TO SEE YOU THERE!

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March 11	Daylight Savings Time Begins
March 17	St. Patrick's Day
March 20	1st Day of Spring
March 25	Palm Sunday
April 1	Easter



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The Season of Lent

THE SEASON OF LENT

Lent, which begins on Ash Wednesday, is the 40-day season directly preceding Easter. Many pastors will invite their congregations to observe a holy Lent by self-examination and repentance, by prayer, fasting, and self-denial, and by reading and meditating on God's Holy Word. While you may be aware of this season leading up to Easter, you may wonder how you might observe a holy Lent.



Lent Begins
Ash Wednesday

One of the more common practices is to give something up for Lent. Some abstain from chocolate, social media, shopping, or something else through the season. This is a religious practice known as fasting. We fast to reorient ourselves away from the distraction of those things, and back toward God.

Another way to reorient your life, is to focus on devotional practices like Bible study and prayer during the season. Spending extra time in Bible reading and prayer is a great way to observe Lent.

In the busyness of our everyday lives, prayer can sometimes get squeezed out. Lent is a wonderful time to intentionally work toward finding more time in your life for prayer. Enriching your prayer life is a great way to spend Lent.

Another way to observe a holy Lent is to take on a new way of serving. Throughout the forty days of the season you can adopt a new habit of volunteering in the community, making special financial gifts to service organizations, singing in the choir, or participating in a small group.

An important practice with which many of us struggle is the spiritual discipline of rest or Sabbath. We don't have to rest on Saturday, the traditional Sabbath day, or even Sunday. You can instead find moments during an ordinary day to be still in God's presence. You might choose to spend a few minutes during lunch with a desktop meditation, listen to sermons on your commute, or read a poem that feeds your spirit. Each can be a great way of enriching your Lent.

You also may want to find ways to share the meaning of the season with the children in your life. While their focus may be on Easter baskets and new clothes, you can enter into special times to help them find deeper meaning to the season.

Some families set aside money each day during Lent through creative ways to collect coins each day or by making small "sacrifices" as a family, like skipping a weekly movie or meal out, and collecting the money saved each week. On Easter Sunday, or soon after, donate the money to help people in your local community or across the globe.

Also, consider trying some traditions from other cultures to enhance your Easter celebration. Make instruments during Lent that you can use to celebrate in song on Easter Sunday, similar to Christians in Zimbabwe. Or try some special Easter foods, like the Easter breakfast cakes of Poland.

You may also use Lent as a time to learn about the seasons of Lent and Easter, and some of the practices of the Christian church. Common symbols like the cross carry a great deal of meaning. A less traditional symbol like an Easter Totem Pole from Alaska may also be fun to know more about.

This 40-day journey called Lent is a wonderful opportunity to grow in your faith. Find your path of self-reflection and spiritual discovery, and invite others to join you as you seek to observe a holy Lent.

****This contains some information from a blog by Joe Iovino****

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Great Lakes Grange Leaders and Midwest Youth Conference

This year for the first time the Great Lakes Grange Leaders Conference and the Midwest Youth Conference will be held at the same time in the same location. This is Michigan's turn to host the Midwest Youth Conference and will also host the GLGLC at the same time. Home Grange #129 has graciously offered their hall as the general location for the week-end long conferences. The conferences will be held June 15-17. Plan to attend what could be the beginning to future conferences like this. The cost will be \$50.00 for the conference. Plan to sleep on the hall floor, bring a camper (no hook-ups) or pay to stay at one of the hotels nearby. Watch for more information coming soon.

Spring is in the air

As we are starting to experience warmer temperatures, let us remember the ritual work. As we prepare the fields and gardens for planting, let us also prepare our Granges for summer activities. We all have projects and programs that we do during the Spring and Summer months. If we start planning early everything will go smoothly. Much like working the fields if we plan early enough everything will fall into place and we will have a fruitful harvest.

National Grange Legislative Fly-In

Get your reservations in early and plan to attend the National Grange Legislative Fly-In. This is an excellent opportunity to visit with your Congressmen and Senators to discuss Grange policy. The National Grange has a block of rooms reserved at Quality Inn until March 15th. If you are thinking about going you may want to get your reservations in early. You can get more information from the National Grange Website. So, clear your calendar for April 15-18th. As Junior and Youth are encouraged to attend, hopefully this will be during some school's spring break and school trips to Washington D.C.

April is Grange Month

During the month of April, we should work towards opening our halls and inviting the public to

celebrate our organization while we present awards. While we can celebrate our great organization the entire year, the National Grange strives to push self-promotion during the month. As a whole we have a lot to be proud of, let us take the time to let everyone know we are proud of our achievements, and that we would like them to come and join us.

Grange Pins

I would like to remind everyone we still have Michigan Grange pins available for sale. They are \$5.00 each. (shipping extra) The proceeds from the sale of these pins will go towards our 150th celebration a few short years away in 2023. Let's show our pride for the Michigan State Grange wearing the pin while supporting the future celebration of a great organization. Purchase a few extra's and give them to the community members you honor during Grange Month.



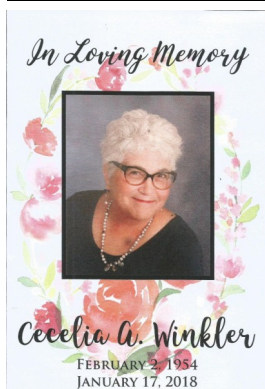
Legislative continued from page 8

may have a good chance to garner bipartisan support from

Congress. The tax bill is done. Next come the budget (the continuing resolution expires February 8) and immigration battles. Infrastructure brings up the rear of major legislative initiatives for 2018 and is far less partisan than taxes, budgets and immigrants. Every congressional district has serious infrastructure concerns.

President Trump pushed his \$1.5 trillion infrastructure plan in his State of The Union address. His plan calls for 25 percent of infrastructure funding to be devoted to rural areas defined as areas with less than 50,000 population. A key question is how much funding would come from the federal government and how much would need to be funded by public-private partnerships. The National Grange is a member of the Re-build Rural Coalition which is pushing for several rural infrastructure priorities including rural Broadband deployment.

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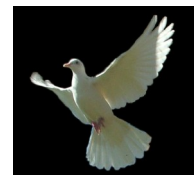
Our Sympathy to Michigan School for the Deaf and CeCe Winklers Family
Cecelia "CeCe" Winkler who had retired after 40 years with Michigan School for the Deaf passed away on January 17th. She had served as the Principal for 15 of those 40 years. She was the kindest and friendliest person, great with the kids, always praising the Michigan State Grange for all we had done for the school over the years and just a great all around super soul. She will be missed by many.

Sadly missed along life's way,

Quietly remembered every day.

No longer in our life to share

But in our hearts, you're always there.



A QUIZ ABOUT DEAFNESS

1. What is deafness?

- a. When people can't hear
- b. When people can't see
- c. When people are easily distracted

2. Can Deaf People Drive?

- a. Yes
- b. No of course not
- c. Maybe



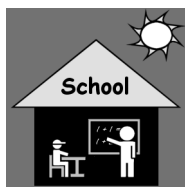
3. Can Deaf People Use the Phone?

- a. Yes
- b. No of course not



4. Do you think deaf kids can go to school?

- a. Yes
- b. No



5. How do deaf people talk to others?

- a. They don't talk to others
- b. Sign language
- c. Using paper
- d. Using their mouths

6. Can you be born with deafness?

- a. No
- b. Yes



7. Are there other ways to become deaf besides being born with it?

- a. By old age
- b. By medicines
- c. By accidents
- d. By exposure to loud sounds
- e. No you can only be born with it.

8. If you have deafness does this consider you behind with learning from others without deafness?

- a. Yes
- b. No
- c. Sometimes

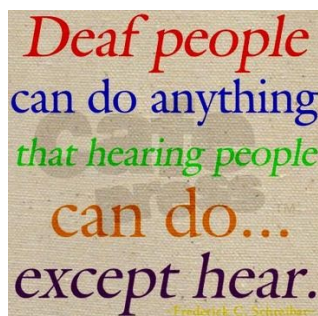
9. Can deaf people answer the door or even hear a fire alarm?

- a. No
- b. Yes



10. Is there any famous people that have deafness?

- a. No
- b. Yes
- c. Maybe, unsure



Answers: 1-A, 2-A, 3-A, 4-A, 5-D, 6-B, 7-A B C D, 8-B, 9-B, 10-B

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So, do you still have the last issue of the Grange News? You should, because therein is all of the many contests for the family activities department and others. Look around, see if you still have it or ask a fellow Granger to borrow theirs. It's so important to hang onto that issue to know the contests, the rules and the deadlines so there is no last minute scrambling or confusion in getting your articles to the State Grange Session. Start now to avoid last minute rushing!

It seems like I'm always reading or clipping something for use sometime for a program or article. I found this in a book about the Amish, and thought it had some innovating and unique ideas I had never heard of. Thought you might enjoy it.

ALPHABET HINTS

A is for aluminum foil, a piece of it with a know of washing soda in a jar of water makes a silver cut cleaner.

B is for ball point ink, which you can remove from vinyl by rubbing it with a slice of raw potato.

C is for camphorated oil. Applied with a soft cloth it will take white marks off of furniture.

D is for drip dry. Shirts will dry faster and smoother over a plastic bag put over the hanger.

E is for egg slicer. Use it for slicing mushrooms, cheese and beets as well.

F is for foam rubber. Rub it over upholstery to pick up pet hairs.

G is for glycerin. Oil the mincer with it, it won't flavor the food.

H is for herbs. Keep them on the shelf in alphabetical order, so they are easier to find.

I is for icing. Add just a pinch of baking soda to icing to keep moist and prevent cracking.

J is for jam. I takes less time to make if the sugar is warmed through in the oven.

K is for kneeling pad. Make one with an old hot water bottle stuffed with old nylons.

L is for lemon. A half dipped in salt cleans copper well.

M is for magnet. Keep one in the sewing box to pick up pins and needles easily.

N is for newspapers. They make excellent window polishers.

O is for onion. Pierce it lengthwise with a skewer and it won't come to pieces when boiled.

P is for parsley. Seed, when watered with boiling water grows quicker.

Q is for quilt. Keep it from slipping by sewing matching material to one end and tuck it under the mattress.

R is for rubber gloves. When the right one wears out, hang on to the left ones. Turn inside out and you will have a pair again.

S is for soap. Rubbed on the bottom edges of a drawer, it will make it run smoother.

T is for tea leaves. Put them around lily of the valley for more flowers.

U is for Undies. Put the fragile ones in a pillowcase, tied around the top and wash with the rest of the wash in your machine.

V is for vinegar. Wiped over furniture before polishing gives extra shine.

W is for window box. Put a layer of gravel over the earth so the dirt does no splatter windows.

X is for Xmas cake. The icing won't be ruined if the cake is put on the lid of the cake tin and the base over it.

Y is for yeast. It should not be kept in the fridge or a cold place, or it will die.

Z is for zipper. If it sticks, try running the lead of a pencil up and down the metal parts. It should then run smoothly.

10 Common Plants that are Poisonous & Their Effects.

1. Elderberry (shoots, leaves and bark) can cause nausea
2. Foxglove (leaves) can cause an irregular heart-beat.
3. Hemlock (all) can cause death
4. Hyacinth (bulbs) can cause nausea or death
5. Iris (underground stems) can cause indigestion
6. Larkspur (young plants/seeds) can cause indigestion or death
7. Lily of the Valley (leaves/flowers) can cause irregular heartbeat
8. Rhododendron (all) can cause death
9. Rhubarb (leaf blade) can cause death

FLU FIGHTING TIPS TO KEEP YOU AND OTHERS HEALTHY

This years flu season has hit almost every state very hard. The hospitalization rate for the 4th week of 2018 is about 51 people per 100,000 . This years virus strain is a challenge to this year's flu vaccine, proving only 10% effective against the H3N2 virus, though the flu shot provides more protection against other currently circulating strains.

Foods can be used to fend off the flu. Common foods that many people already have in their pantries can be powerful flu-fighters. Cacao (chocolate's purest form and raw) and cocoa (heated form) come with a host of surprising health benefits. The cacao beans in the chocolate contain all the benefits. The two main antioxidants in cacao are flavonoids and polyphenols that help keep us healthy and promote longevity. In plants, flavonoids provide important protection such as shielding them from environmental toxins, and when we consume plant-based foods that are rich in flavonoids, we also get a lot of the same benefits the plant gets.

1. Chicken soup-A bowl of chicken broth will free up congested airways. Luckily, the veggies also provide vital antioxidants while the chicken provides protein energy needed to kick a nasty sickness.
2. Garlic- Raw or lightly cooked, garlic contains natural antibiotics-especially from an ingredient called allicin-which provides natural decongestant and immune-strengthening prowess when you're sick. Garlic is most potent when eaten raw, but you can toss a minced clove into a bowl of soup at the end of cooking and still get many of the benefits.
3. Dark Chocolate-Chocolate lovers will rejoice in the fact that DARK cocoa contains theobromine, an active ingredient that suppresses a nagging cough by calming the nerves in the throat. Studies back-up the fact that 2 ounces of dark chocolate deliver the same cough-calming benefits as a regular dose of over-the-counter medication.
4. Chili Peppers-Add a heaping teaspoon of cayenne and red chili peppers to a hot glass of water with lemon. The capsaicin in the chilies frees up nasal passages by acting as an expectorant, or natural decongestant medicine.
5. Orange Juice- We are wisely advised by our mother's to drink OJ when we have a cold. Indeed, just one small glass infuses the body with half the daily-required intake of vitamin C, which not only boosts the immune system by fighting germs, but also reduces the length of a stubborn flu.
6. Bananas- If you have the flu, you'll likely suffer a troublesome tummy along with a slew of other symptoms. Eating a banana each day encourages mucus production, which lines the tummy and protects the digestive system from stomach acids. This is why we're often encouraged to the BRAT (bananas, rice, applesauce and toast) diet following a lengthy sickness.
7. Elderberries- High in vitamin C and antioxidants to shorten the life of viral infections and strengthen immunity, these dark berries can be eaten raw (consume only the berries, the roots, leaves and stem are toxic), You can also find elderberries in dried teas or supplement form.
8. Salmon- The omega-3 prowess in salmon and other fatty fish gives the immune system a much-needed kick-start in the face of flu. Salmon is also high in zinc and selenium. Antioxidants that eliminate viral infections and reduce inflammation.
9. Yogurt- Did you know that when your digestive tract isn't healthy, fighting off illness is more difficult? However, eating yogurt containing healthy bacteria will promote healthy bacterial growth so you can fight off the flu and ease tummy and digestive upsets.
10. Tea- Green tea gets its share of kudos, but black and white teas are equally beneficial flu fighters. Brewing a cup will infuse your system with polyphenols, a plant antioxidant that reduces inflammation, lubricates mucus membranes, and frees up congested airways.

AGRICULTURE

Gardens

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Is it Spring yet?!?! The way the weather has been this winter so far it is almost like winter and spring are fighting. December was the bad month so far, at least for my corner of the mitten and then there was also the snow storm on February 9th! It is only February 20th so I know there is plenty of time for winter to show up! We have about no snow on the ground and have had plenty of rain with more to come tomorrow. Spring is around the corner just by looking at what is coming in my mailbox lately. Seed catalogs have been coming for the last week or more! If looking at these types of catalogs do not put you in the mood for Spring I don't know what would!

This is the perfect time to be planning your gardens for the coming growing season. You need to have time to decide what you want to plant so you can be ready when the ground is ready for preparing and planting in the early summer. You want to look at the different varieties of each vegetable you intend to plant. Of course you have to be careful that you don't plan too much for the size plot you have for planting. All your plants need their space and overcrowding is not a good thing in a vegetable garden. Many plants can spread out of the area that you think is enough and crowd into another area which causes problems for other plants not being allowed to grow right.

Don't forget to plan what you would to grow for the Agriculture Department Growing contests that are new in your Program Book. Best pumpkin under 50 pounds, any variety of winter squash and sunflower head with 2" stem plus all the new classes that have been added to the Ag Department for State session. Be sure to check out the Program Book for all the class details and rules. I hope we will have a good turn out as this will give everyone in the Grange a chance to show what they can do! If you plant pumpkins and have enough, be sure to see what Family Activities has for a class using pumpkins as well!

In my last article I said I would be sharing a different "Myth about Farming" in each of my articles. The next myth is "Food is Expensive". Americans spend a considerably smaller percentage of their income on food than they did in the 1960s. Americans also spend among the least amount worldwide on food as a percent of income. We spend less of our money on food than people in many other developed nations. Between 10 and 20 percent of the cost of food ever actually reaches the farmer. That means when commodity prices rise or fall, food costs remain relatively constant, buffering consumers from spikes in their grocery bills. That's not to say that food



Community Service

Programs

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Welcome to spring – maybe. The weather certainly has been unpredictable.

Helen and I would like to encourage Granges to nominate a person in their community for the Dedicated Worker Award and a Grange member for The VIP – Very Important Patron Award. Both of these awards has importance to the Granges presenting the award.



The purpose of the Dedicated Worker Award is to honor someone who has made a difference in the community. Giving public recognition to those who have given outstanding effort is important. This recognition is our way of saying "Thank You" for a job well done. Though this award will no longer be judged on the state level, we strongly encourage Granges to honor someone in their community. We would like Granges to submit their award winner for others to view at the Michigan State Grange session.

The purpose of The VIP – Very Important Patron Award is for Granges to nominate a member who has made an outstanding contribution to the Grange in the past year. Only one entry from a Grange may be submitted to the State Grange per year. Submit a biography and a summary of the contributions the VIP has made to the Grange. If possible, also submit a photograph of your VIP. Your submission should be sent to the Community Service Director by September 10th. This will be judged and an award presented at the Annual Session of the Michigan State Grange.

Community service books – Reminder that the maximum size of the community service books that will be allowed is a 2 inch binder. Only one book may be entered.

Remember – Granges that have active members and the help of non-members in their community service projects are getting their name out in the community. This is very positive and cheap advertising for the Grange!

Wishing you a happy spring!

Tricia and Helen

isn't difficult for some American households to afford, and nutrition and obesity experts worry about the relatively high cost of nutrient-rich versus calorie-dense foods.

Well that is it for now. Good luck with your garden planning and happy growing until later!

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The US economy is off to a good start this year according to the major professional services and accounting from Clifton Larson Allen. Employment is strong. Housing market is firm. Risk of recession appears low. Consumer confidence is high.

In April, 2017, President Trump established the Interagency Task Force on Agriculture and Rural Prosperity chaired by Secretary of Agriculture Sonny Perdue. On January 8, 2018, the President and Secretary Perdue traveled to Nashville where the President delivered his Rebuilding Rural America address, his first major speech targeted toward agriculture and rural areas. The President and Secretary Perdue took this opportunity to unveil the task force recommendations to the annual meeting of the American Farm Bureau. While there, the President also signed two executive orders making rural Broadband connectivity a priority of the Administration. Burton Eller was invited to represent the National Grange as a VIP guest of the White House for the President's speech and signing of the executive orders.

The House Agriculture Committee plans to officially begin work February 14 on the 2018 Farm Bill. Unofficial work on the bill has been ongoing for months at the staff and leadership levels at both the House and Senate Agriculture Committees. As Grangers know, farm bill legislation covers much more than farms and farmers; it also includes conservation, trade, forestry, energy, credit for beginning farmers, infrastructure, jobs, research, and nutrition. In fact, 80 percent of farm bill spending is for food assistance and feeding programs. The more traditional role of the farm bill protects against farm losses due to natural disasters through disaster assistance and crop insurance. It also provides a cushion for the individual producer who suffers a poor yield or low prices through a series of farm payment programs tied to specific commodities.

The safety net /loss protection programs for dairy and cotton in the last farm bill have not worked as envisioned. As a result, dairy and cotton producers have suffered disproportionate price loss compared to other commodities. Lawmakers hope to address stronger provisions for dairy and cotton in a disaster relief bill or an omnibus spending bill to get these costly provisions out of the way before the farm bill debate heats up. Should that not happen, dairy and cotton could become stumbling blocks in farm bill negotiations later on.

Supplemental Nutrition Assistance Program (SNAP), or food stamps, continues to consume the lion's share of farm bill expenditures with 42 million people receiving SNAP benefits. USDA and some Republican members of Congress are looking at work requirements for able-bodied SNAP recipients. Another large farm bill expense item is crop insurance where USDA subsidizes premium costs to the producer. Several groups and some Democratic members of Congress are calling for an annual subsidy cap of \$50,000. With calls from constituents to fund new farm bill programs and expand crop insurance for beginning farmers, vegetable growers and organic producers amid tough budget constraints, Congress will be challenged to find savings wherever they can. SNAP and crop insurance

will be major hurdles for farm bill negotiations. The \$1.5 trillion tax cut passed by Congress last month could make passing a farm bill more difficult by starving programs of funds. Congress has steadily been taking the sting out of Obamacare. In the last two months, they have repealed the law's insurance mandate and delayed a slew of controversial taxes including the so-called Cadillac tax on high-cost private health plans. More popular provisions of the law, including subsidies to help people buy coverage, expansion of Medicaid, and protections for people with pre-existing conditions, remain in place. People who qualify for the subsidies can find affordable coverage but those who do not qualify face much higher premium costs.

With strong bipartisan support, Congress has extended the Children's Health Insurance Program (CHIP) through 2023. The \$124 billion federal expenditure will provide six years coverage to nearly 9 million children and 275,000 pregnant women. Guidelines could be released soon by the Trump Administration to require Medicaid recipients to work in order to receive coverage. Work requirements would only take effect if a state chooses to apply for a waiver from the federal government to impose work requirements. Currently nine states are applying to impose work requirements.

While not readily apparent to the public, the three day government shutdown in mid-January was more about immigration than funding the government. The bottom line was that Senate minority Leader Schumer (R-NY) and President Trump reached an impasse on an immigration deal. Schumer wanted to protect 700,000 so-called Dreamer/DACA immigrants from deportation and offered the President a \$25 billion border wall. We're not sure what the President's counter offer was, but it caused Schumer to pull back his border wall offer and the federal government closed down for three days. Behind the scenes, lawmakers from both parties continue to look for common agreement ground. A bipartisan group of Senators, Flake (R-AZ), Durbin (D-IL), and Graham (R-SC), are working on a deal that includes legal protection for Dreamers, border security, and restrictions on family migration also known as "chain migration." On the House side, a group of 150 representatives are supporting a bill by Goodlatte, (R-VA), Labrador, (R-ID), McSally (R-AZ) and McCaul, (R-TX). Their package would allow DACA recipients a three-year renewal of legal status, but with no special pathway to citizenship (though they could apply for citizenship through normal legal pathways). It would also reduce legal immigration by 25 percent, add border control agents, and deny certain funding to so-called "sanctuary cities". The big question is whether Congress will attempt major comprehensive immigration reform or settle for a few targeted reforms like Dreamers and border wall. The House bill also includes the AG Act that was reported out of the House Judiciary Committee in October and strongly supported by the agriculture and food communities. The AG Act creates a new H-2C program that authorizes a 2-year work permit for work in agriculture, establishes an E-Verify system, caps worker numbers at 450,000 and requires health insurance coverage. The National Grange is a member of the Agriculture Workforce Coalition and is working to include the AG Act in any immigration legislation considered by Congress. Legislation to upgrade our nation's neglected highways, bridges, broadband, locks, dams, water systems and other public assets

Continued on Page 3