



MICHIGAN GRANGE NEWS



Volume XXV NO. 1

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Jan-Feb, 2019

Michigan School for the Deaf 2018 Christmas Party



'Twas moments before the
Michigan School for the Deaf Christmas
Party was to begin.

Susanne Middlewood

Was checking to see if everything was
in place.

The children were on their way,
The Grangers were waiting patiently,
The pizzas should be arriving soon,
The chips, cookies, and drinks were
ready.

Soon...the party was to begin.
And what a party it was!



Enjoying pizza

And

Feeling excited!



Michigan State Grange 2018-19 Program Book, sent in another attachment
Be sure to keep it for future use.

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Michigan Grange News

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Jan. 1	Happy New Year!
Jan 13	Foundation Meeting
Jan. 21	Martin Luther King Birthday
Feb. 14	Valentine's Day
Feb. 18	Presidents' Day



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No one likes to be Wrong

No one likes to be wrong. Nobody is eager to admit they made a mistake or chose poorly. But we know we are not perfect. People make mistakes all the time.

Instead of hoping no one saw your mistake why not own up to your actions and accept responsibility? You will be amazed at how much better you feel. The consequences of holding onto our sin are far more damaging than telling the truth and asking for forgiveness.

Have you ever lost your patience with someone and responded with a sharp tongue? Have you ever promised something that you were unable to deliver? Instead of justifying your actions, how about apologizing and asking for forgiveness?

If you have children, don't forget to ask them for forgiveness. By modeling the behavior of repentance, you are letting your children know that it is all right to make mistakes and that they will always be loved and forgiven.

Whoever conceals their sin does not prosper, but the one who confesses and renounces them finds mercy.

~Proverbs 28:13~

Community Service

New Director to be announced

Helen & I would like to thank everyone for being part of the community service program. We greatly appreciate all who took the time to send in reports and promote community service in their cities. It has been an honor to be your community service directors for the past eight years. I will move into the position of membership director for the Michigan State Grange. Helen will be retiring but still active at Studley Grange!

I was asked at state session to compile the list of community service projects done by all the Granges and include it in an article. Here it is:

Local county fair food stands & Grange booths
Habitat for Humanity
Rural Education Days
4th of July Parade
Adopt A Highway
School supplies to local schools
Adopt residents at local nursing home
Scholarship to graduating high school senior
Holiday care packages for troop
Hats for Cancer
Murder Mystery Dinner Fundraiser
Cruise the Fountain Teen Movie Night
Wheelchair bags for nursing homes
Grand Rapids Home for Veterans

Relay for Life
Dictionaries
Collected Food for Pantry
Easter Baby Bonnets
Farmers Hall of Fame
Apple Day
Stuffed toys
Paws with a Cause
Care bags for homeless
Picnic for handicap adults
Booster Night
Quilting Days
Candidates Night
Adriannah's Journey Bags

Please continue to promote community service in your areas and support whoever will be the new director.

Have a safe and warm winter!

Tricia and Helen

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2018 State Grange Convention

This past October our convention was held at a Grange hall for the first time in many years and I believe that everything went quite smoothly. I want to thank the members of West Oshtemo Grange for the use of their hall, also to the members of the Region 3 for a job well done. Again, thank you as well to Lynette Schaeffer National Grange Executive Committee member and Illinois State Grange Master and her husband Don, First Gentleman of the Illinois State Grange who attended as representatives from National Grange.

2019 State Grange Convention

The Executive Committee of the Michigan State Grange has decided to allow Region 4 to alter the time of the convention by one week later, so the dates for the 2019 Michigan State Grange convention will be **October 24-26 2019**. This will be held at the Lenawee County fairgrounds community building. More information on this will come in a later issue of the MGN.

2018 National Grange Convention

The week started off on a somber note, as Ed Kowski, Master of the California State Grange suffered a heart attack and was transported to a nearby hospital where he later succumbed to the event. We send our condolences to Cynthia and the family as they embark on a new chapter in their life, and the challenges they now face. Brother Kent Westwood, then Overseer of the California State Grange, was installed as the Master of the California State Grange during the installation of National Officers by Joseph Stefenoni, member of California State Grange and National Grange Membership Director. The National Officers were installed by Bruce Croucher High Priest of Demeter of the National Grange and his team.

Much discussion was had on the various resolutions from around the country. Having the pleasure to serve as the chairman of the Labor, Judiciary, and Transportation committee we were tasked with the most resolutions in our committee compared to the rest, with 32 resolutions in our committee alone. I had an awesome committee and I thank everyone of

them especially Sister Joan Smith (Potomac Grange #1) for her job as Secretary of the committee and keeping us on track and Brother Walter Hartley (Rhode Island) for filling in for me when I had other duties to tend to.

Congratulations to Sister Susan Noah (OR) and Leroy Watson (NH) on being elected to the Executive Committee and Sister Kay Stiles (MD) elected to Pomona to fill out the term now vacated by Susan Noah. I look forward to working with them as fellow National Officers for the year to come.

New Department Directors

As of now Tricia Eidsmoe has agreed to take on the Membership Directors position, Kevin Young has agreed to continue as the Agriculture director, Tom Smith has agreed to take on the Family Activities Department, Luanna Swainston has agreed to continue as the Deaf Awareness Director, Peggy Johnston has agreed to continue as the Information director. I'm waiting to hear back from a possible Community Service Director and I'm still in search of a Legislative Director and a Junior/Youth & Young Adult Director. If you or you know someone who would be interested in either position, please let me know.

GRANGE REVIVAL — JULY 23-28, 2019

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msgrange1873@yahoo.com

We will do our best to get them to you without having to ship, if not there will be shipping charges added.

Luanna Swainston, Director 965-108th Street, SW Byron Center, MI 49315
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What a great day we had today (Dec. 19) with 24 students at the Michigan School for the Deaf and the Adopt-a-Child Christmas program! We “hit” a first with all the students there. After a lunch of pizza, chips, snowmen, cookies, water and pop, they “listened” to the stories The Night Before Christmas A to Z, and Carl’s Christmas signed by Camelle Jeter-Lorello. After the stories they opened their presents from the Granges and Grangers. What an excited group of students. The Granges that provided the students with gifts this year were Mosherville, Plymouth/Westland, Oceana Center, Barnard, Burr Oak, Studley, Burns, West Oshtemo, St.Joe/Cass; Kalamazoo Pomona, Kinney, Carlisle, Fredonia, North Adrian, Mid MI Pomona, Rome, Gratiot, and Kent/Ottawa/Oceana Pomona. The Grangers that provided gifts were the Libbey family, Marshall and Jackie Bishop, Ted and Helen Mudd and Tricia Eidsmoe, Dale Moore, Peggy Johnston and Sharon Popler and Phil and Luanna Swainston. We had Grangers represented from Burr Oak, Plymouth/Westland, Barnard, Studley, Burns, West Oshtemo, Kinney, Mid MI Pomona, Gratiot, and Carlisle. Thanks to all the Granges and Grangers that were represented and for their support. The school is appreciative of what the Grange does for them. I would also like to thank all the Grangers who have helped me this year. I couldn’t have done it without you! A big thank you to Susanne Middlewood and her staff for a “job well done” again this year. They have been very cooperative with me and I really appreciate it!

I want to wish all the Grangers a very Merry Christmas and the Happiest and Healthiest New Year!



Thank you to Luanna Swainston, DA Director for planning a great party!



Happy New Year!! By the time you get this issue of the Grange News, how many personal resolutions have been broken? Here's hoping you're still having some success with yours. Now, How about Grange resolutions? Do we still have the resolve to make our Granges grow and prosper? I sure hope so because the very existence of our Order is dependent upon our actions in the next few years. Take time, either as a Grangers or as a group of members to set some goals for this coming year, and work towards those goals.

The goals I have set for the Family Activities Department is to make it to a few more Grange activities around the state than I have latterly, to increase interest and participation in the department, and to respond to what our Michigan Grangers want from this department. Your input and participation is vital for success. And it starts with saving this month's Grange News with the Program book and getting busy now on entries in all the various departments to insure we have a display room in October filled with our good works.

Here are some coffee and caffeine facts you might find interesting!

- Coffee drinkers are 45% less likely to commit suicide according to tests.
- Drinking coffee can reduce your risk of Dementia and Alzheimer's Disease.
- Drinking coffee before a workout accelerates fat loss.
- Coffee releases a hormone called gastrin, which makes you more regular when it come to visiting the toilet.
- Originally, coffee was eaten as an energy snack.
- The average American drinks 210 milligrams of caffeine per day. That's equal to 2 or 3 cups per day, depending on how strong it is.
- The top 4 sources of caffeine in the American diet are coffee, soft drinks, tea, and chocolate, in that order. Other sources include over-the-counter pain killers, cold remedies, appetite suppressants and some prescription drugs.
- What happens to that caffeine they remove from decaf coffee? Most of it is sold to soda companies and put into soft drinks.



- Do you drink more caffeine than your kids do? If you correct for body weight, probably not. Pound for pound, kids often get as much caffeine from chocolate and soft drinks as their parents do from coffee, tea and other sources.

CAFFEINE'S EFFECTS

The Good: caffeine has been scientifically proved to temporarily increase alertness, comprehension, memory, reflexes and even rate of learning. It also helps increase clarity of thought.

The Bad: Too much caffeine can cause hand tremors, loss of coordination or appetite—and in extreme cases trembling, nausea, heart palpitations and diarrhea.

Widely varying the amount of caffeine you ingest can put a strain on your liver, pancreas, heart and nervous system. And if you are prone to ulcers, can make your situation worse.

And here's a fact for you!! If you could somehow manage to consume the equivalent of 70 to 100 cups of coffee in one sitting, you will experience convulsions and might even die.

Attitude Is Everything

There once was a woman who woke up one morning, looked in the mirror, and notices she had only 3 hairs on her head. "Well," she said, "I think I'll braid my hair today?" So she did and she has a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only 2 hairs on her head "Hmmm" she said, "I think I'll part my hair down the middle today?" So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head "Well," she said, "today I'm going to wear my hair in a pony tail." So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "Yea!" she exclaimed, "I don't have to fix my hair today!"

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I Don't Have Time!

Happy New Year! Many of you have or are considering making New Year's resolutions – things you would really like to do in the upcoming year. Historically, by the end of January, many people's resolutions have been set aside, and what seemed a great idea at the beginning of January has gotten "lost in the shuffle". Often, the reason people say that they sidelined their resolution(s) was that the resolution(s) would take too much time to accomplish.

One of the classes I taught in my training career was Time Management. A key takeaway from that class is that we all have **choices** as to how we spend our time, and when we "don't have time", we have made the choice to do something different than we originally set out in our resolutions that takes away the time we need to undertake the resolution.

Although I do not always abide by the entire model set out in that class, there are several basics that we need to consider if we want to get more done. **Good time management takes planning.**

Step 1: Make a list or diagram of your **current commitments** – work, family, Grange, etc. Then, for each major category of commitments, consider a **new goal** pertaining to that commitment for the upcoming year. For instance, a goal might relate to a vacation that you would like to take, or a goal might be to learn to play the guitar. These should be written down or placed on your commitment diagram or list. This activity usually would take no more than an hour of time.

Step 2: List the **tasks** associated with each commitment (how you meet the commitments). Also, determine the first couple of **steps to reach your goals**. Tasks and steps could be something that could be completed in a few minutes or might take many hours.

Step 3: For each task or step, determine when each

must be completed and note this down for each task. Some might be daily, weekly, monthly, and others might have specific dates. Once you have completed this step, consider how you spend your time right now – are you doing some things that don't relate to your commitments or goals? Consider taking steps to diminish time spent in this way.

Step 4: Lay out a full year **calendar**, allocating tasks and steps to each month, keeping in mind the "due dates" from the previous activity. This planning the full year would usually be done the last week of December just before the next year. This will not be in great detail, i.e., you might group together several tasks.

Step 5: During the last week of each month during the year, create a monthly calendar for the next month. Additional detail will likely be added in this step and in the next step.

Step 6: At the end of each week, create a weekly calendar for the next week. Lastly, At the end of each day, make a list of "**to dos**" for the next day. For most people, each day would have three "must dos", and maybe a few more options. Some people like to make lists, so another option instead of the monthly and weekly calendar is to make a monthly "to do" list and a weekly "to do" list. For each day, you would spend no more than 15 minutes to make the next day's list, and that same amount on Friday to make next week's list.

The biggest challenge with this process is allowing it to be flexible. When new things come up, you need to consider if the new thing helps you meet a commitment or helps you reach a goal, and if it is more urgent than what you already have in your plan. As a result of new situations, your New Year's resolution(s) may become not important at some point in the year. So, perhaps a new goal is set – but now, you don't feel like you have failed, because you are using your time to best suit your needs!

We can not get more than 24 hours in a day, but we can make choices to use our time to best meet our goals and needs. Following even part of this process can help you drop out tasks that waste time, giving you the time to do what you really want and need to do. I would enjoy hearing about how this process worked for you.

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Happy New Year everyone! Wow, did 2018 really just end?!! Well I am sure everyone is starting to think about Spring and Winter is not even half over! I know it is important to have snow during the winter months as that helps to add moisture to our farm fields and also helps to protect the winter wheat during the cold months. So far, we haven't had hardly any snow in my area of Michigan which seems weird as it is Dec 19th as I sit writing this article.

Yes, snow is a part of everyday life during winter in our community. And don't we often wish we didn't have to live with it, but we couldn't live without it.

So while you sit and look at the snow float from the sky, think about what you might want to plant in your gardens or yards this coming spring. Now is a great time to be looking through the seed catalogs and plant books for those special favorites you might want to plant and then share the crops with friends and neighbors.

Here is a good reason to be planning early. Be sure to check out the Agriculture Department in the Program Book. I have added some new classes as well as keeping a few classes from 2018 for all ages (separate divisions for Adults and Juniors) to enter at the 2019 State Session pertaining to Agriculture. I hope all will really look at entering something. If our State Session was during the late Summer or early Fall months, we could do more classes to deal with fruits, vegetables and flowers. But, it is kind of hard to do tomatoes or raspberries in late October. Have fun with these classes as I kept a few of the classes that had entries in the 2018 State Session for possible classes and also some ideas from the 2018 Indiana State Grange Agriculture contest classes from clips provided to me by Brother Tom Smith of my Pomona Grange. The newest class is the Winter Flower Arrangement which I took from the Indiana State Grange Ag Contest. I am not sure what they had for entries in this class as I did try to reach out to the Ag Department Director but didn't receive a reply as of yet. So I guess it is the designer's opinion of what to make and enter into this class. You can use fresh or dried flowers and plant materials like

straw, twigs, etc. Let your imagination wander and have fun!

Here is a part of a clipping from the October 2015 Tennessee Granger dealing with Honey Bees. Bees of all kinds have been declining in numbers over the past few years. The reasons are many, but one of the most important is the lack of suitable plants from which bees can collect nectar and pollen all season long. About 1/3 of the food eaten by Americans come from crops pollinated by honey bees, including fruits, vegetables and nuts.

You can help honey bees and native pollinators by planting bee-friendly plants in your garden. Here is a list of perennials to help get a bee garden started: Crocus, White Sweet Clover, Catnip, Russian Sage, Mountain Mint, Snowdrops, Thyme, Purple Cone Flower, Anise Hyssop, Goldenrod and Autumn Joy Sedum.

Well that is all for now. Here is hoping 2019 is a great Grange year for all and brings bounty to our Agriculture Neighbors and Friends!

CONSIDER A DONATION

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Kathryn Strouse, Sec/Treas.

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Please accept my donation to help support the Mission of the Michigan State Grange Foundation.

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Address _____ ☐ Anniversary

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City/State _____ Zip _____ ☐ Other

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Thank you for your Support!

Memorial List Correction

The spelling of the name for this member was not correct in the last issue. It should have read:

Dolph Aldridge Summit City #672

GRANGE HAPPENINGS

A MOST WONDERFUL TIME OF THE YEAR

Colon Grange #215 truly embodies the ideas of the Christmas season with a variety of activities.

For many years the Grange has sponsored the "1st Grade Holiday Shop. The members and friends donate articles for children at the Colon and Leonidas Elementary schools, where each first grader is able to select two articles as gifts for their parents or providers. The Colon High School National Honor Society members help out by wrapping or bagging the special gifts. This year 45 1st graders participated in this special activity.

For the seventh year, Colon Grange has opened wide the doors at the Grange hall to serve as a warming station for visitors to the annual "Christmas in Colon." Various businesses, organizations, and churches cooperate to ring in the season. A wide variety of gifts, refreshments and a Christmas parade are all within walking distance in the village. Colon Grange provides a place to come in and warm up, and also a variety of delicious soups for all to try, warm drinks and a special craft table for kids. There's no way to get an accurate count, but we estimate over 200 people visited the Colon Grange Hall this year (2018)

Colon Grange also generously supported the Pomona Granges Mitten tree and food collection to benefit a homeless shelter, Keystone Place in Centreville.

The Grangers in Colon do indeed remember the real reason for the season!!!

ST. JOSEPH/CASS/KALAMAZOO POMONA #4

Still here, still active and still making a difference! The five Granges who make up our Pomona Grange are trying hard to be relevant and active in our little corner of the state.

At our December meeting members were asked to assist with two special projects for the holiday season. First, was a mini-mitten tree and 31 pair of gloves and mittens, 8 hats, and six pairs of socks were collected. We also had a mini fill grocery car of canned foods, we collected 46 items. Items received from the Mitten Tree and Grocery Cart were then delivered to the Keystone Place in Centreville, a local homeless shelter, delivered by Betty Persons. Even with a small group, lots of good things can be done to benefit others.

The program for the day was a study of the Grange Implements and a "Grange Tool Kit" for all members prepared by Lecturer, Tom Smith.



BURNS GRANGE #160 DECEMBER ACTIVITIES

Members of Burns Grange #160, collected non-perishable foods and paper products for the Byron VFW Auxiliary who do up many baskets for local needy families. There were over 100 items collected and delivered to them.

A float for the Christmas in Byron light parade was put together and entered. It was a bitter cold night with a nice little wind and snow flurries but a lot of fun was had. Great fellowship with Grange members. Members also donated several



dozen home made cookies for the Chambers Meet Santa, crafts and snacks at the Masonic Hall.

A Grange Christmas dinner was held at Nick's Restaurant in Durand as a thank you to our mem-

bers for their dedication, to honor, Graham Sturgeon of the Independent for the great coverage this past year in the paper, and the National Grange Law Enforcement Award presented to Sheriff Brian Begole of Shiawassee County.



Members also were presented \$258.00 from a 50/50 drawing that was held at Woody's tavern, Bancroft during a Buck Pole Event. The daughter of one

of our members took charge of this in our absence due to National Grange Convention. What a surprise!



Santa's with powdered sugar donuts were made for all those attending the Burns Grange Christmas Dinner and also for all of the boys and girls and others attending the Michigan School for the Deaf Christmas Party. Approximately 60 were made for both events.

Three Gifts baskets were put together including fruit, candy, cookies, breads, coffee mugs, cocoa mix, brownie in a cup kits, candy canes, books, boxes of candy, pot-holders, Rice Krispie treats, and a Winter designed throw. These were given away at the December Jamboree to three lucky guests.

Another basket was prepared with fruit, candy, cookies, breads and slipper socks as a gift for the residents at Serenity House in Byron.

