



MICHIGAN GRANGE NEWS



Volume XXV NO. 3

USPS 345-580

May-June, 2019

May is Better Hearing Month

The National Grange adopted deafness as its health project in 1970. Throughout the years this program has evolved to include all levels of hearing loss. Local Granges in many states have supported the program by educating themselves and others about hearing loss. We have a variety of posters available to donate to schools, libraries, and other interested community groups. This is one way we as the Grange can **educate the public**. What a great **community service project!** Contact Luanna Swainston (see her info on page 4) to obtain posters to distribute.

In Michigan we have an ongoing project or program with **Michigan School for the Deaf**. We sponsor children at Christmas time and give them a party and gifts. This is an excellent day! If you have never come to one of these days...give it a try this next December. We also give a **\$500 scholarship** to a graduate each year at their graduation.

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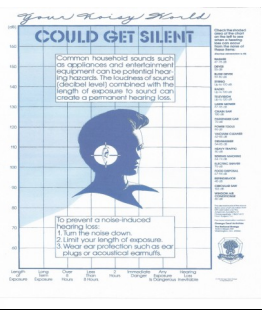
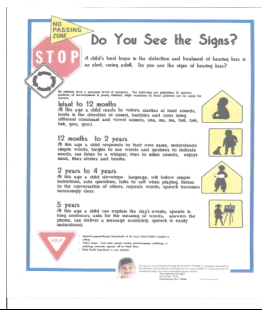
MSD Graduation, June 7th at 1:00 p.m.

Here in Michigan we still collect the Labels for Education and donate them to the Michigan School for the Deaf. Each year MSD gives us a wish list that we work to fulfill as much as we can. Be on the lookout for this in the Fall. Another great **Community Service Project**.

Your Grange should have received their appeal letter from Sister Luanna Swainston, Michigan State Grange Deaf Awareness Director in the last few days. Please consider a donation of any size to help with the projects throughout the year.

Order your posters soon!

PROMOTE
Your Grange and Deaf Awareness
EDUCATE
Your Public



MIDWEST GRANGE LEADERSHIP CONFERENCE
FOR ALL MEMBERS, YOUTH AND JUNIORS
JUNE 28-30, 2019 AT CAMP ALEXANDER MACK, MILFORD, IN

\$60.00
Per person
Due May 17

Reg. forms
were sent to
Lecturer's

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Michigan Grange News

(USPS 345-580)

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Inquiries contact: Michigan State Grange
404 S. Oak Street, Durand, MI 48429

Editor & Adv. Manager:
Christopher D. Johnston

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404 S. Oak Street, Durand, MI 48429

May 12	Mother's Day
June 16	Father's Day
June 21	Summer begins
May/June	Graduations/Weddings

SUMMER



FUN

Whole page	\$150.00
1/2 page	\$90.00
1/4 page / business card	\$50.00
\$40.00	

The above rates include advertising space for two months.

Prices effective June, 1997. Payable in advance, check should be made to Michigan State Grange. Please include camera-ready copy. Copy to be received no later than the 15th of the month preceding date of insertion. Advertisements for alcohol or tobacco will not be accepted. Michigan State Grange reserves the right to refuse copy. Discounts available on multiple insertions.

6 issues per year, bi-monthly
404 S. Oak Street, Durand, MI 48429
Tel: 989-288-4546
E-mail msgrange1873@yahoo.com

Chaplain

Answering Machine

Jeff Swainston P.O. Box 77, Manton, MI 49663 Tel: 616-405-6921 jeff@jnsphoto.biz

What If God Had An Answering Machine?

Imagine starting to pray and hearing this: "Thank you for calling My Father's House, please select one of the following options: Press 1 for prayer requests, Press 2 for a thanksgiving, Press 3 to file a complaint, and Press 4 for all other needs."

So, you press 1 and hear: "We're sorry, all of the angels are busy helping other customers right now, please stay on the line and all calls will be answered in the order received."

Or what would it be like if you heard the following: "To receive the latest promotional gift, press 5. If you would like David to sing a Psalm for you, press 6. To know what your pastor is doing at this moment, press 7. To make a reservation, press 8."

Be thankful that you can't call God too often. You only need to ring once and He hears you. Because of Jesus, you will never get a busy signal. God takes each call personally.

God often calls us. Are you waiting for His call or will you let your answering machine talk to Him? If you listen carefully, you might just hear music in the background and God singing, "I just called to say I love you! I just called to say how much I care...."

*Then you will call and the Lord will answer; you will cry for help, and he will say, "Here am I."
~~Isaiah 58:9~~*

In Memory Of

Jim Mohn

Fredonia Grange #1713 Calhoun County

Gwen Combs

Fredonia Grange #1713 Calhoun County

Alice Owens

Studley Grange #1174 Midland County

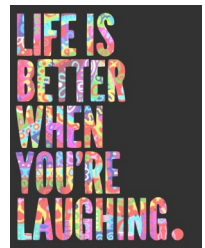
Louise Clipfell

Colon Grange #215 St. Joseph County

Spiritual Quotes

"Knock, And He'll open the door
Vanish, And He'll make you shine like the sun
Fall, And He'll raise you to the heavens
Become nothing, And He'll turn you into everything."
— Jalal Ad-Din Rumi

"The most wasted of all days is one without laughter."
— Nicolas Chamfort



Christopher D. Johnston, Master 6241 Grand River Road, Bancroft, MI 48414
 Tel: 989-634-9350 (H) 989-666-6648 (C) E-mail msgprez19@yahoo.com

Welcome to Spring?

As Mother Nature is doing her best to keep us guessing if this is spring or winter or summer, farmers are trying to stay one step ahead. I have seen some fields that have been partially tilled, some have been completely tilled, many have not been touched. I am sure that in the next few weeks many farmers will have gotten their crops in and the magic of the growing season will have begun.



Legislative Issues

A couple weeks ago I was invited to attend a 2018 Farm Bill Specialty Crop Forum hosted by the staff of U.S. Senator Debbie Stabenow. At this forum, I learned that there were no funds removed from the base line of the Farm Bill from the previous version. Also, Michigan is now ranked 4th in the country in production of Hops. Michigan has always been a diverse production state; however, I was unaware of the commercial production of hops.

In a few short hours from the time of me writing this article. I will be boarding a plane and heading to Washington DC to join many other Grangers during the National Grange Legislative Fly-In to discuss topics of current importance on Capitol Hill. While I currently have a confirmed meeting set up with Congressman John Moolenaar, I am planning to stop by Senator Stabenow's office and Senator Peters' office in hopes they will be able to meet with me. We will be discussing the Grange's position on topics such as Healthcare, Agriculture, and telecommunications.

State Convention

As I am sure you are all aware by now, we have our State Grange Convention coming up in October. What you may not know is that we have changed the dates from our usual dates to the next week due to facility availability. Mark on your calendar the new dates which will be October 24, 25, 26, 2019. The location is at the fairgrounds in Adrian as we have been in the past. Hotel and meal information will be in later editions of the Grange News.

National Convention

This is our year to be part of the region that will be hosting the National Session in Bloomington, Minnesota. Lots of help is needed, either in manual help or in donations for the hospitality room. Check with the State Office on how you can help us host the best National Session. The session is November 5-9, 2019.

State Grange Pin Sale

We still have lots of pins to sell so that we can celebrate our 150th Anniversary in style! They are \$5.00 each and shows your Michigan Grange pride. Order a bunch for your Grange and sell them to your members, friends and family.



National Foundation Quilt Raffle

National Foundation is selling raffle tickets for a beautiful quilt made of last years Tender Heart quilt block entries. The tickets are available for \$5.00 each for a queen size quilt. The drawing will be at the National Session on November 8th. Get your tickets from me or the state office.



Until next time.....

Luanna Swainston, Director 965-108th Street, SW Byron Center, MI 49315
Tel: 616-262-3516 E-mail: plswainston1@gmail.com

Is Tinnitus Causing That Ringing in Your Ears?

(I found this in the Grand Rapids Press on Sunday, April 14)

Have you ever found a constant ringing in your ears that you can't pinpoint the cause? It might be tinnitus—the sensation of hearing a sound when no external sound is present.

In some cases, tinnitus can be managed but for some, it's a chronic condition that can affect sleep and everyday function. Fortunately there are options to reduce its effects.

About 1 in 5 people experience the perception of noise or ringing in the ears. It's call tinnitus.

Dr. Gayla Poling is the director of Diagnostic Audiology at Mayo Clinic. She says tinnitus can be perceived a myriad of ways: ringing, buzzing, whistling, a crackling, a chirping.

According to the Mayo Clinic website “the phantom noise may vary in pitch from a low roar to a high squeal, and you may hear it in one or both ears, in some cases, the sound can be so loud it can interfere with the ability to concentrate or hear external sound. Tinnitus may be present all the time or it may come and go.

But why?

“Ninety percent of those with tinnitus have hearing loss, so that's usually where we start as a source or a reason for the tinnitus.”

Hearing loss can be age related, some from a one-time exposure, or exposure to loud sounds over a lifetime. Poling says the tiny hairs in our inner ear may play a role.

Those little hair cells in our inner ear are really delicate structures. That's what is actually damaged with noise exposure, or wear and tear on your ears across your lifespan. So those damaged hair cells, might be the reason or part of the cause for tinnitus for some.

Other possible causes include ear problems, chronic health conditions, and injuries or conditions that affect the nerves, either in your ear or in the hearing center of the brain.

Poling says there's no scientifically proven cure for tinnitus, but there are treatment and management options.

That can be something as simple as getting a hearing aid to treating the hearing loss. And once you treat that, then you find that the tinnitus and the perception of that tinnitus is reduced.

Other options include using a sound generator or a fan at night. And then there are more advanced treatments.

“There's something called ‘tinnitus restraining therapy.’ There are more ear level masking devices where you can hear sounds throughout the day, too, that are more distracting.”

If ringing in your ears bothers you, start by seeing your health care provider for a hearing test.



HOW TO BE LAZY—AND LOVE IT

It's wonderful to be lazy — if you know how. It spares your heart, saves your energy, relaxes your mind — and you needn't feel at all guilty about it if you confine your laziness to these approved ways, recommended by a psychologist:

- ◆ Be too lazy to frown, fidget, and worry.
- ◆ Don't wear yourself out carrying the needless weights of grudges, prejudices and envy.
- ◆ Listen more than you talk, and see how much better you feel after almost any meeting or gathering.
- ◆ Don't run to catch a bus or trolley. The next one is better for your heart.
- ◆ Don't rush for a bargain that takes more out of you than it saves for your pocketbook.
- ◆ Don't knock yourself out trying to park your car in a space too small for a scooter. Better to pay a parking fee at a lot than a bill at a hospital.
- ◆ Don't bother to quarrel over small things—like a card game. Let the other fellow think he's right when it really doesn't matter.

Is it really Spring? What a wild and crazy winter season we've had, here's hoping the rest of the year is a little more moderate.

I wanted to announce some changes in our department. In the not so distant future, you will be getting your annual report form for the Family Activities Department. Please take the time to read and go over this with your member and be sure to send it in. Every Grange (Subordinate and Pomona) who report will receive a certificate for their efforts during the year. A special award will be given to the Grange with the most outstanding work for the year. It's acceptable to just check yes or no, but a small explanation of your work would make for better clarity for the judges. I'm really hoping for at the very least to have 75% of our Granges reporting. We can do it, if you do it!!

For years, this was the Women's Activities Department, and has now evolved into Family Activities, and I would like to encourage every Grange to work a little harder in promoting the family aspect of not only the department, but our Grange as a whole. The Grange is sort of unique in that all ages and genders all come to the same meetings and activities. This is great, but we have to strive to make sure there is something to interest the varied make-up of our Order. Plan outings that would interest all. Go as a group to a local zoo and have a picnic. Go as a group to a concert or sporting event and sit together. Put together a potluck favorites cookbook that centers around those tasty treats that are a special favorite at your own local Grange. Put a float in a local parade with all ages on board. The ideas are unlimited as is our potential for growth, if we choose to.

For the last few months I have been taking a class called "Brain Training" here in Three Rivers and have really had a good time as well as learning a lot more about myself and others. It's a 90 minute class, once a month but I wanted to share just a little with you to maybe help when dealing with others.

Benefits of an Optimistic Attitude

The American Heritage College Dictionary defines optimism as a tendency to expect the best possible outcome or dwell on the most hopeful aspects of a situation. An optimist is "one who usually expects a favorable outcome."

Benefits of Optimism

Recent research has shown that optimistic people have better memories. Some of the many benefits of optimism include:

- ◆ Reduces stress levels
- ◆ Decreased likelihood of depression
- ◆ Better overall health, including reduced blood pressure, better circulation, and a healthier immune system
- ◆ Increased self-esteem
- ◆ Greater likelihood of achieving goals and dreams
- ◆ Reduction in time needed to recover from setbacks. A longer life
- ◆ Increased sense of life satisfaction
- ◆ Greater likelihood of having healthy relationships. People enjoy being around optimists and are more likely to socialize with them than others who are pessimistic.

Nurturing Optimism

There are many ways to Nurture optimism, below are some examples. Add your own at the bottom of the list and review it on a regular basis.

- ◆ Limit the time you spend with pessimists.
- ◆ Incorporate more humor and laughter into your daily life
- ◆ Look for the positive
- ◆ Focus on what you can change and let go what you cannot.
- ◆ Do things for others. Volunteer
- ◆ Develop friendships with those who are optimistic. Optimism is CONTAGIOUS.
- ◆ Look at the mistakes you make as opportunities to grow.
- ◆ Look for the best in every situation.
- ◆ Try to solve problems rather than just complain about them (or creating them)
- ◆ Adopt positive language, saying you can't do something is often a self-fulfilling prophecy. On the other hand, saying that you will be able to do something may result in success!
- ◆ Celebrate each day and all that it has to offer.

Jackie Bishop, Lecturer 479 Tuscany Drive
Tel: 269-365-0401 jacqueline_bishop@hotmail.com



Congratulations to all Grange families who have graduates in June! This might provide an opportunity for a Grange celebration if you have Grange families with graduates this year.

I am hoping that Grange members across Michigan are considering entering the **Michigan State Grange Creative Writing Contest**. The rules have been significantly modified in the hope of receiving more entries at the State Grange session. **I would like to see a minimum of one entry from every Grange in the state.** See the Program Book for the full list of rules. There are both Junior and Subordinate contests. Junior contests are writing a poem about their favorite toy (3-15 lines in stanza form) or writing a story about “I want to be a _____” (no minimum no. of words, up to 200 words). The Subordinate member categories are poem, story, or opinion essay. The poem topic is “Favorite Season” and needs to be 3-26 lines in stanza form. The story topic (400-600 words) is “As a child, I wanted to be a _____”. The opinion essay (300-500) words can be about any current issue, non-political (not about a person or a political party or a campaign). I have heard Grangers often talk about the poem topics, and I also have encountered a fair amount of opinions amongst Grangers, so I look forward to your entries!

Midwest Grange Leaders Conference

When: June 28 – 30 (Friday evening through Sunday lunch)

Where: Camp Alexander Mack, 1113 Camp Mack Road, Milford, Indiana 46542

ALL ages welcome – activities for Juniors through Subordinate members

Workshops, Fellowship, Youth Public Speaking and Sign-A-Song Contests, Fun!

Registration forms were included in the recent Lecturer’s Newsletter sent to your Lecturer.

It would be great to have a “crowd” from Michigan, since the location is relatively close to us.



Communication from National Lecturer, Chris Hamp:

“I am working hard to increase participation in the contests that I oversee as Lecturer of the National Grange. In addition to working hard to improve communications with the State Lecturers and State Masters, and in ensuring I create and disseminate clear, concise and professional looking documents, I have increased the prize money to make participation a little more appealing. With that said, I am looking for sponsors from the Midwest Region (can be individuals, couples, families or Granges) for the different contests and classes in 2019. All sponsors will be recognized at the 153rd National Convention in Minneapolis.”

SPONSORS



Below are several options outlined by her:

\$500 National Grange Evening of Excellence Program Sponsor (allows for a professional, full-color program –your logo on the back cover)

\$500 Ribbons (allows for all contest participants in all departments to receive a ribbon with the specific place and year versus generic)

\$100 National Grange Evening of Excellence – Vocal Division Winner

\$100 National Grange Evening of Excellence – Instrumental Division Winner

\$100 National Grange Evening of Excellence – Variety Division Winner

\$100 National Grange Evening of Excellence – Public Speaking Winner

\$100 National Grange Evening of Excellence – Sign-a-Song Winner

\$100 National Grange Photography Showcase – Adult Division (1st, 2nd and 3rd prizes)

\$100 National Grange Quilt Block Contest – Adult Division (1st, 2nd and 3rd prizes)

\$100 National Grange Quilt Block Contest – Junior Division (1st, 2nd and 3rd prizes)

Please let me know if you or your Subordinate or Pomona Grange is interested in being a sponsor. Any amount will be greatly appreciated. Please write your sponsorship check to Grange Foundation – Lecturer Fund. Mail your check to: National Grange, 1616 H Street NW, 11th Floor, Washington DC 20006. The Foundation will send you a donation receipt for tax deduction purposes.....**Summer is just around the corner!**

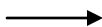
Kevin Young, Director 60822 Creek Road, Niles, MI 49120
 Tel: 269-684-3870 E-mail: Kevin60822@sbcglobal.net

Is it Spring, Summer, Winter?!? This spring has been very crazy for weather so far. I wonder what Summer will be like here in Michigan this year. My area of Michigan didn't have much late snow like some areas but we sure are seeing the abnormal cooler temperatures for Spring time. Now the rain is coming to usher April out and bring May in.

How many of you have planted anything in your gardens yet? Things that could have been planted by now would be seed potatoes, onion sets, cold crops (cabbages, etc) and I even think carrots but not sure so please check before you plant them! When planning your garden spots, keep in mind the new Ag Classes that you can enter at this year's Annual State Grange Session. Each class is open to Junior members on up to Subordinate members. Please check the Program Booklet for more details. Be sure to check out the Family Activities section as they put in a neat class in their Department having to do with Antique Agriculture items. Speaking of seed potatoes, we are going to try growing potatoes in 5 gallon buckets this year! What a cool way of growing potatoes without having to worry about having enough land to do it in. We are going to be following a video that was found on the internet and they do a step by step process on how to do this type of growing. More to come later on how this goes once we get them planted.

We are running behind at getting things done around the little farm this spring due to the crazy April weather. I have yet to get the chicken coop cleaned but that is because when I have the time it is either not nice weather or I am too tired and need to just rest! The pigs for my nephews and niece will be coming to the farm on April 27th and there is still things to prepare before they can come to the farm. The market goats have been here since April 14th and are adjusting well. The Young family has added to the family this spring. We brought to the farm 8 baby chicks! This is a new venture for us as they are in a brooder box in the garage with a heat lamp. They are so cute and we can't wait for them to get big enough to move them to the "chicken crate" to finish growing into young pullets that can be safely put in with the 13 adult laying hens.

Please be mindful that this is the time that the country roads and some State Highways will have slow moving farm vehicles on them. If it wasn't for those



Tricia Eidsmoe 1451 Grey Road, Midland, MI 48640
 Tel: 989-631-0079 E-mail: tennisbums@charter.net

Welcome to spring! I hope by now you have taken the time to look over the membership contest that was in the Program Book. I would love to have a lot of entries this year! If it doesn't work to enter the contest this year, please plan to do so in 2020!

I do not have plans at this time to visit Granges. If you would like to have me visit your Grange, whether it be at a meeting or with members in a non-meeting setting, let me know. I have information that I can share with you to help you recruit members. I will be developing a plan to determine which Granges could use my assistance immediately.

Please know that if you want to create an impressive display to use in your area, you will need to spend money. You don't need to go extravagant and spend a huge amount, but there will be expenses for a display board and other things. I just saw a display board from Keystone Grange (PA) on the National Grange Community Service Facebook page. You can find great ideas/suggestions from other Granges!

I wish everyone a Happy Mother's Day, Father's Day and Memorial Day – the unofficial start to summer!

Tricia



farmers and their employees we wouldn't have the opportunity to go to farmers' markets or the grocery stores to get the needed foods to feed our families. Please give those big vehicles and tractors as much room as you can without causing problems for yourself or others.

With all this technology going into modern farms, the demand for skilled workers in the agriculture sector is rising. In 2015, the United States Department of Agriculture reported that jobs in food and agriculture outnumber degrees granted in those fields nearly two to one. Of those job opportunities, 27 percent are in science, technology, engineering or math.

Remember whenever possible please buy Local or Locally Grown / Made products! You are helping small farm families most of the time.

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

Mary Ann Rocco, Director 145 Beadle Lake Drive, Battle Creek, MI 49014
Tel: 269-209-6640 Email: roccomaryann@yahoo.com

Lets say goodbye to winter and hello to spring, The daffodils are blooming and spring is in the air.

Congratulations to Burns Grange for the two fundraisers they held for the tornado victims of Shiawassee County.

Fredonia Grange also shared, that half of the proceeds from the Spring Pancake Brunch was donated to the Dale Rosene AGLP scholarship fund.

Our Granges do many projects throughout their communities I would love to share something your Grange is or has done this year.

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.

The purpose of the Dedicated Worker Award is to honor someone in your community that has made a difference. Giving public recognitions to those who have given outstanding effort is important.

The purpose of the VIP Award is for each Grange to honor a member who has made an outstanding contribution to the Grange.

Only one entry from a Grange may be submitted to the State Grange per year. Submit a biography and a summary of the contribution the VIP nominee has made to the Grange. If possible also submit a photograph of your VIP. The submission shall be sent to the State Community Service Director by September 10th

Reminder

Lets keep working on our Community Service Reports they will be due in September.

When you need to contact me via email, please put your full Grange name on the subject line (ex. Fredonia Grange).

Burns Grange #160 helps Tornado Victims

On the evening of March 14th there were four tornados that touched down in Genesee and Shiawassee Counties and left considerable damage to homes, barns, businesses and of course many, many trees. In Shiawassee County alone there were something like 94 places damaged or destroyed. With all this damage there were no serious injuries...everyone is thankful for that. Most places damaged had insurance but there were about 20 that didn't or not enough coverage to help much.

The following night we decided to take the proceeds from our planned jamboree/dinner and match that amount and help those in need. We took ended up with **\$645.00**. The following day there of our members gathered/purchased \$400. in gift cards for restaurants and \$245.00 worth of groceries. This was all delivered to the Loaves and Fishes in Vernon where the command center had been set up and was distributed to those that needed it.

The next week at our meeting a decision was made to donated the proceeds of our April 7th chicken dinner to those that did not have enough or any insurance. We advertised it to be a benefit with all proceeds going to that fund.



What a day it turned out to be. We ordered almost double on everything and planned to serve from 11:30 to 2:00. We had to stop ticket sales at 1:15 because we were running low on food. Between the proceeds of the dinner and donations we gave **\$3,232.25** to the tornado relief fund.

What a wonderful day! So many people and such great help and support from the community.

Secretary

Reminders

Peggy Johnston 404 S. Oak Street, Durand, MI 48429
Tel: 989-288-4546 or 517-285-6532 E-mail msgrange1873@yahoo.com

This is the beginning of the time of year when reports are due. Soon you will be receiving the Gold Star Grange report form. There is still time to accomplish many of these requirements. It would be

nice to see more trying for this award. You will also be getting the Officer/Chairman form. These are due back to me by July 15. Report forms for the various departments will be coming in the next couple of months...they are all due by Sept. 10. Most of all the quarterly dues reports are due by the end of the month following the end of the quarter. Example: Jan-Feb-Mar quarter...report due by the end of April. Let's keep up the good work!