

March/April 2022

PENNSYLVANIA
GRANGE NEWS





Sleep:

How Important Is It?

Lynn James, MS, RDN, LDN
Senior Extension Educator, Food,
Families & Health and Food Safety & Quality Teams

"Sleep is as important as diet and exercise to optimal health," states Dr. Nathaniel Watson, a professor of neurology at the University of Washington Medicine Sleep Center in Seattle, in a recent article for HealthDay News. Why is sleep on the same level of importance as diet and exercise? What has changed in the research?

In general, we know that when we sleep our body is recharging or revitalizing itself. But researchers from the University of Washington Medicine Sleep Center are the first to show suppressed immune gene expression in chronic sleep deprivation. By comparing adult identical twins, they found that the one who regularly slept less was sick the most. This supports earlier research showing that sleep-deprived subjects who were exposed to a rhinovirus were more likely to catch a cold.

Who is sleep deprived? According to the U.S. Centers for Disease Control and Prevention, 25 percent of American adults report insufficient sleep at least 15 days out of the month. The recommendation for adults is 7 to 9 hours of sleep per night; however, 30 percent of the working population gets fewer than 6 hours. Children require 9 to 11 hours of sleep per night.

Importance of Sleep

Adequate sleep is essential for:

- Fighting off infection
- Supporting the metabolism of blood sugar to prevent diabetes
- Performing well in school
- Behavioral self-regulation in



preschool and school-aged children

- Working effectively and safely

Sleep Disorders

Sleep disorders and chronic low sleep are associated with an increased risk of:

- Heart disease
- High blood pressure
- Obesity (due to increased hunger hormone and excess carbohydrate intake)
- Diabetes (from impaired glucose tolerance)
- Death
- Sleep-disordered breathing (SDB), which includes sleep apnea, is another serious threat to health. SDB is characterized by erratic airway obstruction or pauses in breathing. People with untreated SDB have two to four times the risk of heart attack and stroke. Obesity is a significant risk factor for SDB, and weight loss is recommended.

Improving Sleep and Sleep Quality

- Limit caffeine and alcohol intake, and avoid caffeine after noon.
- Avoid nicotine, another stimulant. Nicotine and alcohol affect sleep quality.
- Avoid nighttime exercise within three hours of going to bed.
- Avoid large meals within four hours of going to bed.
- Check medications, especially pain relievers with caffeine,

decongestants, steroids, and beta blockers, for sleep side effects.

- Stick to a sleep routine. Go to bed and rise at roughly the same times daily, including on weekends.
- For children, routine is key—establish bath time, book reading, and bedtime for the same time each night.
- Get 30 minutes of sun exposure, preferably with exercise, daily.
- Exercise 30 to 60 minutes on most days.
- Keep your bedroom dark, cool, and quiet.
- Avoid watching TV or reading on a computer or tablet within one hour of going to bed.
- Take naps if needed, but avoid doing so after 3:00 p.m.

The bottom line from the researchers at the University of Washington: "There is no substitute for sleep."

Ask yourself these questions.

My schedule: What do I do now (Example: Lucky to get 6 hours of sleep per night, Watch TV until 11:00 each night; little exercise)

What I would like to change
Sleep 8 hours each night

How I plan to change
No TV past 9:00; go to bed half-

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From the President's Desk

Wayne D. Campbell

PA State Grange President

president@pagrange.org



I would like to thank everyone for the prayers, phone calls, and well wishes for both Debbie and me. The biopsies taken during my lung surgery all came back negative. The testing on the piece of the right lung that was removed showed they were able to get all the cancer. I am now enrolled in a follow up program through Penn State Health. I cannot say enough good things about the care I received from all the doctors, nurses, and other personnel while I was in the hospital at Hershey!

I would like to share a story from Christmas morning with you. I was expected to go home the day before Christmas, but I was very short of breath. The doctors felt it best to err on the side of caution and keep me until Christmas Day which turned into the day after Christmas. My nurse for Christmas morning introduced herself and then told me she would only be there for four hours. She was a woman a little younger than me very friendly, as they all were. Those of you who know me well, know I am a practical joker and will do my best to make people smile even in a bad situation. I was giving her a hard time and we were right back at each other even though if I laughed, I would get very short of

breath. I asked her why she would only be my nurse for four hours. She shared that the nurse scheduled to arrive at noon was

The greatest gift
you can give
is the gift of
your time.

supposed to be my nurse for the whole day. Because that nurse had three young children at home, this thoughtful nurse offered to cover her shift for four hours so she could spend Christmas morning with her children. For a brief moment, I was speechless. I asked her if her children were all out of the house and she said no. Her girls were older, and they would probably still be in bed when she got home. She remembered when her girls were little, and what it was like to to be home on Christmas morning with them.. She wanted this other nurse to have the same memories.

We often look around the world today and see that empathy and

caring for each other is gone. The political bickering and arguing is childlike, and we wonder where our world is headed? We hear the news every day and the violence just seems to be getting worse. And then, when I am at my lowest and wondering about my future a shining, bright angel comes into my life. My nurse did not have to do what she did, but probably without even thinking she touched the lives of several people, and she was an example to her own daughters. She told me she had been a nurse for 39 years and I'm willing to bet, this lady has been making a difference in people's lives the whole time. Unfortunately, I don't remember her name, but her actions sure made an impression on me.

Debbie's "Revision Right Total Knee Replacement" took place on January 24th. I turned this article in that day so stay tuned for updates on her. She knows she is going to be in more pain than the first time but is determined to fight through and get the most use from it she can.

(continued on page 21)



Chaplain's Corner
Jodi Keith Kensinger
 PA State Grange Chaplain

Chase Your Dreams

Wishes for a Happy Spring from Central Pennsylvania! As I write this, there are snow flurries and snow still covering my front yard. It's hard to believe that Spring is only a few weeks away, and we're about to head into the Lenten/Easter Season. Where has the time gone? It seems like we have just began the 2022 New Year!

Driving home from work, about two weeks ago, I heard a new song on the radio by Cody Johnson, called "Til You Can't". What a great song! The words in the song go: "If you got a chance, take it, take it while you got a chance. If you got a dream, chase it, 'cause a dream won't chase you back. If you're gonna love somebody, hold 'em as long and as strong and as close as you can. 'Til you can't"..... So take that phone call from your momma and just talk away. 'Cause you'll never know how bad you wanna 'til you can't someday. Don't wait on tomorrow 'cause tomorrow may not show. Say your sorries, your I-love-you's, 'cause man you never know....." How powerful are these words?!?!? This song is very meaningful to me, and I am sure it will be meaningful to you as well!

Have you ever regretted not doing things? Or have you ever

thought about not being ready when the Lord returns? Remember the words "be dressed ready for service and keep your lamps burning." What about those dreams you didn't chase because of fear or doubt? Think about that phone call you did not make because there is always tomorrow. Consider the parable Jesus told in Luke 12:35-40. That you should always be ready for you never know when the Lord will knock at your door.



Scripture says to keep your lamps burning; to be ready because the Son of Man will come when we least expect it. How about that phone call that you didn't make because you thought you'd always have tomorrow to make it, and then found out that tomorrow didn't come for that other individual?

This song brings to mind the parable Jesus told in Luke 12:35-40 about always being ready for one never knows when the Lord will return. The words: "Be dressed ready or service and keep your

lamps burning, like servants waiting for their master to return from a wedding banquet, so that when he comes and knocks they can immediately open the door for him. It will be good for those servants whose master finds them watching when he comes. Truly I tell you, he will dress himself to serve, will have them recline at the table and will come and wait on them. It will be good for those servants whose master finds them ready, even if he comes in the middle of the night or toward daybreak. But understand this: If the owner of the house had known at what hour the thief was coming, he would not have let his house be broken into. You also must be ready, because the Son of Man will come at an hour when you do not expect him."

My question is are you ready for Jesus to return? What about right now? How about TODAY? Or is that commitment something you are waiting to do when you're not so busy or when you are old, for you want to have fun and live a carefree life while you are young? Many would say we deserve that freedom. Scripture says to keep your lamps burning... in other words, to ALWAYS be ready- because the Son of Man WILL COME when we all least expect it. Just like he did with the disciples in the small room, after he died on the cross and resurrected from the dead (John 20:19-23). None of them expected to ever see him again (even though he said he would (continued on page 21.)



Melanie Melius
PA State Grange
Family Activities Director

Spring is in the Air!

Hi Everyone,
 I hope all are well, and everyone is doing good with all the snow and ice. Here in Pine Grove Mills we got 4 - 4 1/2" and about 1 1/2" of ice to go along with it, so we got ice then snow and more ice and it still has not gotten warm enough to melt anything especially the ice. Lows at night -15 to -5 below and days only in 18 - 22 degrees.

I have several corrections regarding State Grange contest to share with you. If you received a set of the Contest Rules, there is a mistake in the jewelry guidelines. It should read "Jewelry CAN be made with everything that is listed". In addition, Jane Reppert (Berks County/Virginville Grange #1832) is the 2020 - 2021 Pomona Program Director of the Year.

Some of you may have noticed that several people submitted more than one quilt block for judging. Unfortunately, I couldn't get the needed 12-16 (with one block per person) quilt blocks to make a quilt, so all blocks submitted were judged. Unfortunately, some folks did not follow the quilt block guidelines so some are not the correct size or color. That is why we include a color picture with the pattern. I hope to see more quilt

block entries this year! Packets for Family Activities will go out soon, I plan to travel to the State Office to stuff envelopes, so expect to see more contest entry packets soon. I hope everyone in the PGN about all of last year's contest winners, and all the new 2022 contests!

Remember we are collecting Food Donations and Toiletries at Family Festival.



I hope your New Year is going good, and everyone is staying safe and healthy. Please plan to attend Family Festival this summer. The Committee is working hard to introduce some new things and a good tour is being planned. So stay tuned in for more updates on Family Festival.

If you have any questions or need contest guidelines, please call or send me an email I will gladly get back to you as soon as possible.

Have a great year, be safe, and stay healthy!

Yours truly,
 Melanie Melius
 Family Activities Director
 Cell- (814)-360-7058
 Email- melmelius59@gmail.com
 Merles- mle103@comcast.net

Family Activities is collecting donations for Centre Cares and need the following items:

Toiletries

- Soap
- Toothpaste/Toothbrushes
- Washcloths/Towels
- Shampoo/Conditioner
- Shaving Creme

Food Donations

- Canned Goods
- Dry Goods
- Paper Towels
- Dish liquid
- Detergent





Rural Communities in South Central Pennsylvania

“The South Central PA Medical Reserve Corps (MRC) is a volunteer-based organization that serves the public health needs of the following nine-county region, Adams, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Perry, Schuylkill, and York. The MRC has been active over the last two years providing support to the pandemic response. We have assisted long term care facilities on how to use protective equipment, worked at testing locations, and given well over 35,000 doses of COVID-19 vaccine at a variety of clinic settings. For more information about MRC activities see our website. <https://www.sctfpa.org/mrc/>







On location registering people for vaccines.

Recently, the MRC has been awarded funding by The Pennsylvania Immunization Coalition and PA Chapter of American Academy of Pediatrics to provide COVID-19/flu vaccination clinics and COVID-19/flu/other lifespan vaccine education outreach to rural community

COVID-19/Flu Vaccine Access and Education in Rural South Central PA

Are you hosting an event in rural South Central PA? The South Central Medical Reserve Corps would like to come and provide FREE COVID-19/Flu Vaccination and Vaccine Education!

PARTNER WITH US...

-  **The South Central Medical Reserve Corps** has been awarded funding by **The Pennsylvania Immunization Coalition** to vaccinate and provide vaccine education for rural community members in our nine-county region (Adams, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Perry, Schuylkill, and York).
-  The project runs January 1, 2022 to June 30, 2022.
-  Our trained Medical Reserve Corps volunteers in collaboration with The Pennsylvania Immunization Coalition and our pharmacy partners will provide COVID-19 and flu vaccination and/or life-span vaccine education at your event FOR FREE.
-  Please contact Katie Noss, RN, BSN at knoss@pennoni.com or 717-516-7443 with questions and event opportunities.



Pennsylvania Chapter
INCORPORATED IN PENNSYLVANIA
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN



EMERGENCY HEALTH SERVICES FEDERATION
YOUR COMMUNITY. OUR COMMITMENT.



medical reserve corps



members in our nine-county region. We are currently looking for sites to host our clinics and education sessions in locations that are accessible to the rural community. If you are hosting any type of event (fairs, meetings etc.) please reach out to us and we can set up a vaccine clinic or education session free of charge. This resource will be available through June 30, 2022.

Please contact Katie Noss, RN, BSN at knoss@pennoni.com or 717-516-7443 for more information.”

Live outside South Central Pennsylvania?

Email: Knoss@pennoni.com
ask about other locations.



Katie Noss at a U-Haul location administering vaccines.



Membership News
Lizzie Bailey
PA State Grange
Membership & PR Director

This, that, and other things...

This new year has already been filled with many things to discuss. We survived the PA Farm Show! This year's event was a little surreal as it wasn't what we were used to with people "shoulder-to-shoulder" in the aisles. The attendance is based on parking lot numbers and it was announced that parking was down about 40%. But people still came and enjoyed themselves!

The 150th Anniversary Cookbook was a big hit with those stopping at the booth and we "peddled" as many quilt raffle tickets as we could. Please make sure to support the Family Activities Committee as this is how they raise money for their budget to provide services to members and communities.

That being said, let's chat a little about the year ahead of us. What do you have planned for Spring and Summer festivities at your Grange? Do you participate with your local Fair? Community Events? Festivals? The list could go on and on of things that go on throughout the year. Make sure to send us your pictures and stories about things your Grange is working on. Sharing your events is of interest to us all as it will inspire others to try something new at their Grange!

Let's make a plan to spend time together! We have many upcoming events for you to come together with Grangers from across Pennsylvania and beyond!

When have you volunteered to help with Junior and Youth Camp? Have you attended Family Festival? What about regional conferences and workshops, or even State and National Grange Sessions?

- Junior/Youth Camp...**
- Family Festival...**
- Regional Conferences...**
- State Session...**
- National Session...**

If you are unable to attend some of these events suggested, consider visiting another Grange by attending an event or activity. Maybe your Grange could host a social and invite other Grangers to attend.

April is Grange Month. What do you have planned? It is the perfect time to call me to schedule a date to visit your Grange and discuss membership and hosting a community event.



*Cookbooks make great
 Easter gifts!*
www.pagrang.org

Contact Wayne, Carrie or myself to come speak at a meeting or event you are planning to host. We are also looking for Granges that want to book a community meeting to grow membership. Now is the perfect time to discuss your plans for Spring, Summer, and Fall.

Easter Blessing to everyone, and enjoy your time with friends and family!

Yours in Grange service,

Lizzie Bailey
 PR/Membership Director
 717-254-9550 Cell
 717-737-8855 Office
publicrelations@pagrange.org



And Other Things... Mark your calendar



Irish Blessing



Wishing you a rainbow
For sunlight after showers-
Miles and miles of Irish Smiles
For golden happy hours-
Shamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends
Each day our whole life through!

--Unknown

*April is Grange Month!
What event are you having to celebrate?*

Pennsylvania State Grange is celebrating
National Library Week April 3 - 9, 2022

Come spend an evening with Bernadette Lear, author of

Make Free and Thrown Open to the Public.

Learn about the history of Public Libraries and how Grange was involved.

Wednesday, April 6, 2022 @ 6:30 p.m.

Guest panelists: Christi Buker, Exec. Director Pennsylvania Library Association

Carrie Nace, Novac Associates Senior Associate

Register in advance for this webinar:

[https://us02web.zoom.us/webinar/register/
WN_3URIMiSjSACCTIm7TuEZkw](https://us02web.zoom.us/webinar/register/WN_3URIMiSjSACCTIm7TuEZkw)

After registering, you will receive a confirmation email containing information about joining the webinar.



Bernadette Lear



Questions? Call 717-254-9550



Youth Committee
Ellen Wadsworth
PA State Grange Youth Director

NEW Family Festival Contests

Happy Spring! As we move towards Grange Month and more in-person Spring activities, don't forget that your Youth and Young Patron royalty are available to visit your Grange or event or give a program for your Grange. Please contact me at the info below to schedule a royalty visit. We have several exciting events/contests planned for this coming year.

Here are highlights of a few:

March 12-15 - Washington DC Experience. Open to all Youth and Juniors. The purpose of the Washington DC Experience is for Junior and Youth/Young Adult aged Grangers from across the country to come together and learn about how the Grange functions on the legislative side. Youth and Juniors will be educated on the many ways in which Grangers and citizens alike can advocate on issues they feel are important to shape public policy and communities in which they live. During the Washington DC Experience, Grangers are invited to get an up-close and behind the scenes look at what government is and how it operates in Washington DC. More information is located at:

<https://www.nationalgrange.org/dc-experience/>

April 30 - Combined Youth and Junior Meet-Up. Much more info

coming soon.

June 17-19 - Combined Mid Atlantic and Eastern Regional Leaders Conference. This conference is open to all including Youth and Juniors! The conference will be held in Delaware this year. More info will be available soon.

June 24-26 - Our annual PA State Grange Youth Camp will be held. The theme is [H2O22 - It's Just Water](#). Registration is available online at

<https://form.jotform.com/220255>

July 14-17 - PA State Grange Family Festival. The youth and young adults will have several new contests and events at Family Festival this year! Both contests below are open to all ages.

Chili Cook Off

Rules:

1. All entries must be submitted in a 6qt crock pot.
2. Entries must be delivered to the Food Prep area, usually Building D, **by 11:00am on Friday of Family Festival.**
3. All entries must have a list of ingredients attached to the crock pot. No store-brought chili may be used.
4. All entries will be marked with a rating for the heat level (mild, medium or spicy).
5. Judging will take place no later

than 4:30pm on Friday.

6. All entries will be used for the Friday evening meal at Family Festival.

Class: (All ages/divisions in same class)

- A. With meat (any type such as beef, venison, chicken, etc.)
- B. Without meat.

Judging Guidelines:

- A. Taste 50 pts
- B. Texture 20 pts
- C. Uniformity 20 pts
- D. Appearance 10 pts

Prizes:

- 1st: \$20.00
- 2nd: \$15.00
- 3rd: \$10.00



Cornhole Tournament

Rules:

1. **The tournament will be held at Family Festival, primarily on Friday and Saturday.**
2. Teams consist of 2 people. Both team members must be Grange members but don't have to be members of the same Grange.
3. American Cornhole rules will be followed for Doubles Play.

Website is:

<https://americancornhole.com/rules/>

4. Play schedule and bracket will be published after registrations are received for Family Festival.
5. The tournament is planned for Single Elimination and includes a Loser bracket, however the Youth Department reserves the right to adjust the type of tournament based on the number of teams entered.

6. All team members will exhibit good sportsmanship at all times.

Divisions: Age as of Jan. 1st.

1. Junior, both members under 14

2. 14 and older, or mixed age

including a Junior team member

Prizes per team:

1st: \$40.00

2nd: \$30.00

3rd: \$20.00

WE ARE LOOKING FOR A FEW FOLKS TO JOIN US IN THIS GREAT OPPORTUNITY! Become a sponsor for a member of the Youth Officer Team for 2022. The Youth Officers selected for the 2022 Youth Officer Team will be presented with an official Youth Team vest (if they don't already have one), including the Grange logo and their name embroidered on the front. It's time for our State Youth Team to have a distinct identifier, similar to those of the FFA and 4-H. The Youth and Young Adults Committee has selected black vests for the Youth Team and gray vests for sponsors. To sponsor a member of the Youth Team and receive your own gray vest, we are requesting a

donation of at least \$100 to the PA State Grange Youth Department. Donations can be made by Granges, individuals or small groups but only 1 supporter vest per \$100 will be available. To sponsor a member of the Youth Team without a supporter vest, we are requesting a donation of at least \$60. If you have a specific office that you would like to sponsor, please annotate that on the form below.

Fraternally,
Ellen M. Wadsworth
PA State Grange Youth and Young Adults Director
youth@pagrange.org
417-967-6474



Youth Officer Team Sponsorship



Sponsor Name: _____

Address: _____

Phone: _____ Email: _____

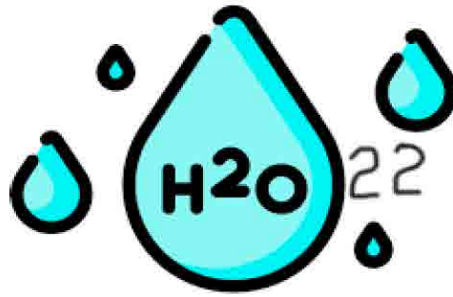
I/We would like to sponsor _____ office

Select one:

___ \$100 donation to sponsor a member of the Youth Team, receive a supporter vest, size: _____

___ \$60 donation to sponsor a member of the Youth Team

Please send this form and sponsorship to: Ellen Wadsworth, 362 University Road,
Lincoln University, PA 19352



It's just water

PA State Grange Youth Camp 2022!!! June 24-26, 2022

JOIN US for the 2022 Grange Youth Camp at Camp Sylvan Hills, Howard, PA 16841 / (814) 355-5652

Name _____ M _____ F _____

Address _____ Age _____ DOB _____

City: _____ State: _____ Zip: _____

Phone/Cell: _____ Grange/County: _____

E-Mail: _____ 1st Time Youth Camper: Yes _____ No _____

Shirt Size: ___ S ___ M ___ L ___ XL ___ XXL ___ XXXL

*** ALLERGIES*** _____

Emergency Contact & Telephone Number(s): _____

Camp Fee for the Weekend: \$75.00 per person
(\$15.00 will be paid by the Jonathan Sattazahn Memorial Fund Account)

Each person will pay \$60.00

*******SPECIAL – 1ST TIME CAMPERS ONLY \$30.00*******

This fee includes lodging, 5 meals, activities, workshops, snacks and fellowship.

Participants need to bring their own bedding, towels, washcloths and personal toiletries.
Additional information and directions will be posted online or emailed or sent to you
after your application is received.

Look for details/registration/payment online: <https://form.jotform.com/220255897911159>
PA State Grange Webpage and the Pennsylvania State Grange Youth and Young Adults Facebook page!
Or mail in paper copy and check to: PA Grange Youth, c/o Ellen Wadsworth, 362 University Road,
Lincoln University, PA 19352

QUESTIONS?? Email: Youth@pagrange.org / Cell: 417-967-6474
Registration and Camp Fee Deadline: 1 June 2022



Jenn Nauss
PA State Grange Lecturer
jnauss89@gmail.com

Greetings from South Central PA! I hope you and your families are staying warm during these cold winter months. Hopefully by the time you read this in March, the signs of spring are starting to appear!

New National Program Introduced

National Grange has unveiled a new program to introduce the most important principles of the Grange in a format that is more accessible than the traditional degree work. This program, called the **Heirloom Program**, presents quotes or passages at each monthly meeting, along with a reflection on the lesson and how it relates to the members' daily lives. This program will follow a five-year cycle from March-February of each year, corresponding to the seasons of the first four degrees (Spring-Summer-Autumn-Winter). This year's (March 2022-February 2023) readings and materials are available on the National Grange website at:

<https://www.nationalgrange.org/program/>

Since many Granges do not regularly confer the degrees, this new program is a great way to introduce members - or remind them - of the most important lessons of the Grange. If you are

interested in using this program at your Grange and are not able to access the internet, please contact me and I will mail this year's materials to you.

Mid Atlantic Leaders Conference

This year's Mid-Atlantic Leaders Conference (MALC) will be held the weekend of June 17-19, 2022 in Delaware. Further details will be forthcoming and will be shared on the State Grange website and Facebook page.

Family Festival

This year's Family Festival will be held July 14-17, 2022 at the Centre County Fairgrounds in Centre Hall. As you make plans to attend this year's Family Festival, please consider entering the Talent Contest, which will be held that weekend! I know that our Grangers have talent and this is a wonderful opportunity to showcase those talents. More information is detailed below.

Classes:

- 1. Instrumental
- 2. Vocal
- 3. Variety/Other Acts

Division:

- 1. Subordinate (14+)

Rules:

- 1. Time Limit: No minimum; all acts will be held to a 5-minute maximum.
- 2. Participants must provide their own accompaniment (either live

A QUARTER'S WORTH

or recorded).

3. Best of Show winner from previous year may not enter the Talent Contest in the same class the following year.

Ribbons will be awarded to the top three entries in each class. First place entries in each class will receive \$25.00; second place - \$15.00; third place - \$10.00. A Best of Show winner will be selected from across all classes.

The Lecturer's Department will also be hosting a Paint 'n' Sip workshop during Family Festival where an instructor will lead the group in creating a painting. This is a fun experience for all - regardless of artistic abilities! The cost will be \$10 per person and will cover the cost of all needed materials. I hope you will plan to join us!

A Quarter's Worth

The National Lecturer publishes a quarterly newsletter entitled, A Quarter's Worth, which features articles from Lecturers across the country. It highlights program ideas and other important updates from the National Lecturer. All issues of the newsletter are available on the Lecturer's page of the State Grange website - www.pagrang.org.

(continued on next page)

Program Ideas

March

- March 12 - Plant a Flower Day - Plan a program that teaches members about flower gardening. Get your hands dirty and have each member plant their own Container Pot Garden!

- March 21 - Credit Card Reduction Day - Invite a financial planner or representative of a local financial institution to lead a program about financial literacy and how members can reduce their debt.

April

- First Week - Library Week - Invite a local librarian to speak about the importance of community libraries. Work with your Grange's community service chair to coordinate a collection or donation to your local library.

- Second Week - Read a Road Map Week - Ask each member to share a memory from their favorite road trip. Members can bring souvenirs or mementos along to supplement their story!

- April 20 - Volunteer Recognition Day - Plan a program to honor volunteers in your local communities - including your own members! Celebrate the wonderful contributions they make to your community.

Consider awarding the Pomona Award for Public Service or the Subordinate Grange Community Citizen Award. Certificates for these awards are available at:

<https://www.grangestore.org/>

Respectfully,



Jenn Nauss
PA State Grange Lecturer

Make sure to register for Family Festival Activities!

Schedule and registration form on pages 18 and 19!

WORKSHOPS



English Paper Piecing

Create a Christmas ornament using the English Paper Piecing Method. All materials provided at a cost of \$3. Class size: 5



Wooden Quilt Blocks

Come design and create your wooden quilt block.

Instructors are Barb & Glenn Gross. All materials provided with the kit/fee of \$50.

STAINED GLASS CHRISTMAS ORNAMENT

SIP AND PAINT



Christmas Hot Pad

Using the Quilt As You Go method, participants will create a 9" Christmas Hot Pad on a sewing machine. All materials will be provided at a cost of \$3. You can bring your own machine or use ones provided. A mini trunk show of QUAG projects will be included. Class size: 20



Rachel Bailey
PA State Grange
Deaf and Community Service Director

Continue to do good deeds!

I like to be direct and get down to the point sometimes... There's a crisis that rattles this nation and for some 1,000,000 people in the U.S., it's a silent one. The World Health Organization projects by the year 2050 that 2.5 billion people will have some degree of hearing loss. The loss of one of our five major senses can be life altering and for many of us, we are grossly unprepared for normal day living if we become affected. I personally cannot imagine a day if I had a major hearing loss or became deaf. I would be immobilized if I could not have normal conversations with my loved ones and professional colleagues..

The committee is passionate about broadening our efforts to the underserved deaf and hard-of-hearing community. As we continue to develop our programs, we are excited to offer ASL(American Sign Language) lesson at Junior Camp this summer. A simple lesson in learning basics or even a song could potentially open the doors in communicating with another.



We also will host a deaf and hard-of-hearing awareness workshop at Family Festival, where we will provide some basics and other information around the topic to make awareness posters. Please keep in mind that posters made during the workshop may be submitted to the Deaf and Awareness poster contest at State Session.



While it feels like months away, State Session will be on our horizon before we know it. The guidelines for contests and community service projects have been adjusted for the 2022-23. The committee encourages active participation and healthy competition. Some contests have reduced the amount of prizes given but increased the prize amount. These changes are to reward your hard work and make it more enticing for all ages. Please refer to the guide to contests and please feel free to reach out with any questions.

The Deaf and Community Service committee is well represented all across the state. Our committee encourages any Subordinate or Pomona Grange in need of programming or project assistance to contact us for advice and support. The committee will also consider financial assistance for programming related to your service projects and programming. The Deaf and Community Service Committee is here to serve all Granges in the state, and we would love to help you be successful in whatever you do.

Deaf and Community Service Silent Auction Family Festival!



Make sure to bring a gift basket to donate for the Silent Auction!

Rachel Bailey
 Email: rachel.bailey120255@gmail.com
 Phone: 717-816-1317





History Committee
Doug Bonsall
PA State Grange History Chair

See the latest
 150th anniversary update
 on the State Grange website
 by clicking on
<https://www.pagrange.org/state-grange-150th-anniversary.html>

Heirloom Project The National Grange has just unveiled a new program to help Grange members learn more about the precepts that are fundamental to our organization. The "Heirloom Project" fits right into Pennsylvania's celebration of its sesquicentennial Grange anniversary during 2022 and 2023. The project is an attempt to look at the Americans, especially those persons who may not come from an agricultural background. Now let's be honest - the difficulty the History Committee has encountered this past year to find Granges willing to exemplify the degrees as part of our anniversary celebration speaks volumes. Although we hear many Grangers extol the importance of Grange ritual, few Granges are taking the time and effort to exemplify the degrees in which our basic lessons are expressed in beautiful language and poetic imagery that, admittedly, many would consider somewhat out of touch with today's society. We can't expect members - new or veteran - to understand and come to appreciate the values of the Grange - **our heirlooms** - if they are not experiencing the ritual on a regular basis. It is essential that we retain and impart upon members our most sacredly held values - not only those of faith,

hope, charity and fidelity, but also civility, respect for others, nonpartisanship and lifelong education. The Heirloom Project is designed to impart these lessons to Grange members in a non-traditional way by encouraging use of a series of one or two sentence statements excerpted from degree work, ritual and other foundational Grange documents. These short readings are meant to be shared/discussed at regular meetings and are presented in a brief contemporary format to communicate a lesson or a value and to encourage thought, reflection and application to daily life, no matter one's age or occupation. The five year schedule provides one reading for each month and allows Granges to pick up at any time in the schedule. For more details, including an outline of readings for the first year, visit <https://www.nationalgrange.org/program/> Continuing Anniversary Projects - **Acts of Service** - As this update is being written in late January 2022, the number of reported new Acts of Service has reached 19. We still have a long way to go to reach our minimum goal of 150 (hopefully more!) activities by local community and Pomona Granges to reach out to their

communities. As a reminder - Granges may submit any number of acts of service at any time to Doug Bonsall (douglas.b@verizon.net) or Jenn Nauss (jnauss89@gmail.com) so they may be added to the on-line listing; please be as brief yet descriptive as possible. Check out the spreadsheet found at: [Pennsylvania State Grange 150 Years...150 Acts of Service - Google Sheets](#) to see the new and innovative things that Subordinate, Junior and Pomona Granges are doing to serve their communities during the celebration of our State Grange sesquicentennial.



- **Sesquicentennial Sponsors** - We hope Granges are planning a fund raising event to help underwrite costs of the 2023 state session in Morgantown, Berks County, at which the 150th anniversary of the PA State Grange will be celebrated. Delegates to the 2019 State Grange session in State College adopted a resolution removing the 2023 session from the usual regional rotation of hosting duties and, instead, agreed that all Granges

throughout the state would be responsible for the 2023 convention and special anniversary events. Please do your part to meet this commitment of honor and help raise the funding needed. Granges and individuals may do so either by purchasing additional candle(s) to "Light the Cake" in amounts from \$1-\$150 and/or by becoming a sponsor at one of these levels: Diamond - \$5,000 or more Gold - \$3,000-\$4,999 Rose Quartz - \$2,000-\$2,999 Emerald - \$1,000-\$1,999 Sapphire - \$500-\$999 Ruby - \$250-\$499 Details may be found at: <https://www.pagrang.org/state-grange-150th-anniversary.html>.

Doug Bonsall, Chair
PA State Grange History
Committee
douglas.b@verizon.net
717-921-1957 or 717-460-0723



2022 Pennsylvania State Grange Convention October 13 - 16, 2022



Wednesday, Oct. 12 Special Tour Day
Agricultural Wine Tour & Dinner

Thursday, Oct. 13 Tour Day
York tour locations

Friday, Oct. 14 - Sunday, Oct. 16
State Session

Ag Wine Tour

A fun day touring Agriculture Wineries from York to Adams County. PA Dairy Princesses will greet us at a farm location to share milk and cheese samples too!

Guest Speakers and Dinner are included with the tour. We leave hotel at 10:00 a.m. and return around 8 p.m.

Tickets per person: \$55.
Call Lizzie with any questions.
717-254-9550.

To make Reservations:
Call: 717-846-9500 Press "0"
Room Block: PA State Grange

Room Rates:

Room w/Double Queen Beds: \$149.00

Room w/ 1 King Bed: \$149.00.
(also has a pull out sofa bed)

Wyndham Hotel. 2000 Laucks Road
York, PA. 717-846-9500



Family Festival

"WINTER WONDERLAND"

Schedule of Events

July 14-17, 2022



Thursday, July 15

- 1:00 – 4:30 Registration- Bldg. C
- 5:30 - 6:30 Dinner – Bldg. D
- 7:00-8:00 Welcome & Betsy Huber & Wayne
Campbell Workshop – Bldg. A
- 8:00-8:30 Rootbeer Floats
- 8:30 Vespers – Bldg. A
- 9:00-11:00 Hot Potato – D&CS 
- 9:00-11:00 Quilt Block Painting-Bldg. C
- 11:00 Quiet Time & Lights Out

Friday, July 16

- 7:30-8:30 Breakfast – Bldg. D
- Quilt Block Painting-Bldg. C
- 9:00-10:00 English Paper Piecing Christmas
Ornament– Bldg. C
- 9:15-?? Tour–Arboretum at Penn State – Carpool
Bagged Lunch Included
- 9:30-11:30 Registration – Bldg. C
- 10:00-11:00 English Paper Piecing Christmas
Ornament– Bldg. C 
- 12:00-1:00 Lunch – Bldg. D
- 2:00-3:00 D&CS Poster Workshop
- 2:00-4:00 Registration – Bldg. C
- 3:00-4:00 Legislative Updates – Carrie Nace – "A"
- 3:00-4:30 Sip & Paint – Lecturer's Workshop
- 3:00-5:00 Junior/Youth Water Games
- 5:30-6:30 Dinner – Bldg. D – *Chili; Hot Dogs; Baked Potatoes; Salad; Dessert*
Hosted by Youth Department
- 7:00-9:00 Family Movie Night – (B) – Includes—
Popcorn Bar and Ice Cream – Sundaes
- 9:00 Vespers-Bldg. A 
- Hot Potato – D&CS
- 9:30 Knowledge TEST – Bldg. D
- 11:00 Quiet Time & Lights Out



ARBORETUM AT PENN STATE



Saturday, July 17

- 7:30-8:30 Breakfast – Bldg. D
(Announce Young Patron Finalists)
- 8:30 Group Photo – Location TBD
- 9:00 Junior Activities
- 9:00-10:00 Christmas Hot Pad Workshop – Bldg. C
- 10:00-11:30 Young Patron Interviews – Bldg. D
- 10:00-11:00 Christmas Hot Pad Workshop– Bldg. C
- 10:00-11:30 Media Alerts/Press Releases – Phil &
Lizzie-Bldg. A
- 12:00-1:00 Lunch – Bldg. D
(Impromptu Question to Young Patron Finalists)
- 1:00-4:00 Youth Activity –
- 1:00-3:30 Quilt Block Painting-Bldg. C
- 1:00-2:30 Progress Children's Fair
- 3:00-4:00 Bike-A-Thon
- 2:00-3:00 Christmas Ornament Workshop-Bldg. C
- 5:00-6:00 Dinner – Bldg. D
*Baked Ham; Scalloped Potatoes;
Corn; Sweet Potatoes;
Applesauce; Tossed Salad*
- 6:00 Corn Hole Finale
- 7:00 Talent Contest – Bldg. A
- Introduction of Royalty
- History Committee – talk about
Anniversary Celebration – Doug
Bonsall/Jenn Nauss
- Vespers – Bldg. A 
- Hot Potato – D&CS
- Snow Cones
- 11:00 Quiet Time & Lights Out

D&CS Committee is having a Silent Auction all weekend, donations are appreciated, Thank you!

Sunday, July 18

- 7:30 - 8:30 Breakfast – Bldg. D
- 9:00 – 10:00 Worship Service – Bldg. A
- 10:00 Clean Up and Depart

Assistance cleaning and packing up of Bldg. D is much appreciated

Thank You! Wishing you a safe trip Home!



Pennsylvania State Grange Family Festival July 14-17, 2022

Name: _____
 Email: _____
 Phone: _____
 Grange: _____
 County: _____

_____ Tent (\$25 per night/ NOT per person)
 Tent mates: _____

_____ RV/Camper (\$35 per night/space,
 NOT per person) (Fees have increased)
 RV/Camper-mates: _____

Length: _____ Ft. Trailer or Motor Home
 (Circle)

_____ Dump prior to leaving (Fee \$25)

Day of Arrival:

Thursday Friday Saturday Sunday

Chili Cook-Off Contest – at least 6 qt. slow
 cooker; Must be taken to the dinner area
 by 11:00 am. _____

Corn Bread Contest – Must be taken to the
 dinner area by 4:00 pm.

*These entries will be part of the
 dinner for Friday night.*

Hotel- Please make your own reservation

Reservation block reserved at—

Ramada Conference Center
 1450 South Atherton St.
 814-238-3001

\$99.00 PLUS TAX PER NIGHT

Use Group Code PAGRANGE22

Deadline for rate is June 18, 2022

***** Please note: PA State Grange is discounting
 each space \$5.00 for Tents & Campers. Centre Co.
 Fair have increased their prices.**

R.S.V.P by June 15, 2022

MEALS (please check desired meals—
 Children 4 and under are Free, ages 5-11 half price.

_____ All Meals	\$49.00	_____
_____ Thursday Dinner	\$8.00	_____
_____ Friday Breakfast	\$5.00	_____
_____ Friday Lunch	\$6.00	_____
_____ Friday Dinner	\$6.00	_____
_____ Saturday Breakfast	\$5.00	_____
_____ Saturday Lunch	\$6.00	_____
_____ Saturday Dinner	\$8.00	_____
_____ Sunday Breakfast	\$5.00	_____

Tent Fee Per Night ___ X \$25.00 _____

RV/Camper Fee Per Night ___ X \$35.00 _____

RV Dumping Fee (\$25.00) _____

Registration Fee (\$5.00/person-4
 and under Free) _____

Arboretum at Penn State (\$10.00)
 Includes a bagged lunch (Carpool) _____

English Paper Piecing Christmas
 Ornament Workshop (\$5.00)
 Choose 1st and 2nd Choices
 ___ Fri-9:00; ___ Fri-10:00; _____

Christmas Hot Pad Workshop (\$5.00)
 Choose 1st and 2nd Choices
 ___ Sat-9:00; ___ Sat-10:00 _____

Quilt Block Workshop (\$50.00) _____

Sip & Paint (\$10.00) _____

Christmas Ornament Workshop \$5.00 _____

T-Shirt – (Please Circle Size) _____

Child S M L XL (\$8.00)

Adult S M L XL (\$10.00)

Adult 2XL 3XL 4XL (12.00)

Pocket – No Pocket

Total Cost _____

Make checks payable to: **PA State Grange**

Send Registration & Payment to:

PA State Grange
 Attn: Family Festival
 26 CLEMS Lane
 Mifflintown PA 17059



MARKETPLACE

Pennsylvania State Grange Cookbooks



\$30 each
Order Cookbooks at:
www.pagrang.org

Call 717-737-8855



Pennsylvania State Grange Lapel Pins

\$5.

www.pagrang.org

Apple Butter

The Pennsylvania State Grange has been able to purchase one batch of Apple Butter to sell for this year. The 91 cases of Apple Butter have been distributed throughout the State for your convenience in picking it up. Please contact one of the following people to arrange picking up Apple Butter if your Grange would like to sell it. Contact the Pennsylvania State Grange office at 717.737.8855 or call Wayne at 717.275.5045 for pricing.

Union Grange, Susquehanna Co. Wayne Oakley 570.575.9978
Progress Grange, Centre Co. Tammy Jurkowski 814.404.2460
Hickory Grange, Clearfield Co. Debra Kramer 814.771.8459
Crawford Pomona, Crawford Co. Sherman Allen 814.671.9947
Fairview Grange, Beaver Co. Chuck Campbell 727.601.3184
Pennsylvania State Grange office, 717.737.8855 or 717.275.5045

Developing a relationship with road side produce markets and country stores has proved successful for several Granges in marketing the product.



Sleep, How important is it?

Continued from page 2

hour earlier; read/unwind until 10:00 p.m. is routine; walk outside 30 minutes daily

My goal:

Tip

Insomnia has many different causes, and it can become a chronic problem. If it persists for more than a month, be sure to get it diagnosed and treated.

Sources

Kondracki, Nancy L. "The Link Between Sleep and Weight Gain— Research Shows Poor Sleep Quality Raises Obesity and Chronic Disease Risk." *Today's Dietitian* 14, no 6 (2012): 48.

Mozes, Alan. "Skimp on Sleep and You Just May Wind Up Sick." *HealthDay News*, Thursday, February 9, 2017.

"Sleep Health." *HealthyPeople.gov*. Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.

Author:

LYNN JAMES, MS, RDN, LDN
Senior Extension Educator, Food, Families & Health and Food Safety & Quality Teams Expertise
Nutrition research and education Diabetes education Community nutrition Nutrition curriculum development Food Safety education Food Preservation

President's Column

(Continued from page 4)

The Pennsylvania State Grange meeting on Solar Panels at the Farm Show went well. I would like to thank Carrie Nace for putting the panel together and Lizzie Bailey for getting it recorded on Facebook. Thank you to Senator Yaw's office for recording it and that recording can be viewed here, <https://www.senatorgeneyaw.com/state-grange-panel-discussion-on-solar-development/>. PCN also broadcasted and taped it. Their taping is available to view on our webpage.



I won't take up space here discussing the issues, but I will try to put the complexity of this in context. Mr. Murphy from Penn State stated a gas lease is usually four to five pages long and a Solar lease could be 40 pages. This could be a good topic for your Grange to address. We certainly do not want to see Class 1 or 2 farmlands being taken up by solar panels.

I'm looking forward to getting out to see many of you in the coming year.

Happy Easter!

Wayne Campbell
President PA Grange
President@pagrange.org
717-275-5045



Chaplain's Column

(Continued from page 5)

come again many times), until he reappeared, before their eyes!

Now that the Easter season is here, the focus once again is on the message of salvation. God has given you another chance through his son, Jesus. Let's review – Jesus, God in human form, came to Earth in the form of a baby and grew up to be a man, only to die on the cross for our sins! Have you accepted Christ into your heart? Have you accepted God's ultimate gift and sacrifice? Jesus' own words found in John 3:16-17: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him." Today is the day to be assured of where you will spend eternity. I pray that you don't put off that decision until it is too late. I also pray that this Easter season is full of love and making wonderful memories with all of your loved ones! Happy Easter everyone!

Love Always,
Jodi Keith Kensinger
PA State Grange Chaplain
sunflowercow19@yahoo.com



Take time to

read the

Bible verse

John 3:16 - 17



Junior Committee
Philip Vonada
PA State Junior Grange Director



As I sit here and write this, there's a fresh coating of snow on the ground and the thermometer is well below freezing. But I'm thinking ahead to warmer days and getting back outside as spring arrives! And with spring comes summer, and with summer comes my favorite week of the year - Junior Grange Camp!

Of course, that means we're going to be getting cold again, with this year's *Winter Wonderland* theme. We are hard at work planning a whole bunch of winter activities for 7-14 year olds statewide to join in on. Camp this year will be back at Sylvan Hills from June 26-July 2. We are going to be celebrating winter holidays, including Christmas and New Year's Eve, playing in the "snow" with snowball fights, and a whole lot more!

NEW THIS YEAR - we are offering a half-week camp option for FIRST-YEAR 7 and 8 year old campers, only! Our committee is hoping that this provides an "ease-in" for our youngest campers who may be a little apprehensive about coming to camp. We will get these first-year campers involved in the activities of camp RIGHT away, welcoming them in as a part of our fun. The registration is available here in the PGN, or you can visit

<https://tinyurl.com/jgcamp2022> to register online. Registrations for camp are due by **June 1st**, so please don't wait!

Counselors and Helpers - Our committee is looking for Grangers age 15+ as the start of camp who are dedicated to assisting in leading camp. Counselors and helpers will play an integral part of camp, and many will have additional responsibilities than they have in previous years. Anyone under age 18 will be considered a 'helper', and counselors must be age 18. All counselors and helpers must provide current clearances.

Please email me at pajuniorgrange@gmail.com to receive the link to Counselor/Helper Registration. Please note: Just because you have been a helper/counselor before does not guarantee you will be on staff this year. ALL Counselors and Helpers should wait for official approval by our committee - we are looking for the "right mix" of counselors and helpers, and **we will NOT approve any staff member, counselor, or helper until we have clearances and the appropriate volunteer forms.**

Thank you to all of the Juniors and families who tuned in to our **Junior Online Gathering** on

February 6th. It was great to have so much energy online for a little fun!

Stay tuned for information about a **Regional Junior/Youth Meet-Up** on April 30th! We are hoping to be able to have this event in-person, with meeting spots on each side of the state so all Juniors and Youth can attend.

Farm Show

In January, Sadie Johnson and Harvey Reyburn, PA Junior Ambassadors, participated in the opening ceremonies and met with PA Secretary of Agriculture Russell Redding at the PA Farm Show. PA Grange Youth Ambassadors and Outstanding Young Patron also participated, as well as other young advocates, including PA Dairy Princess Mikayla Davis. JG Ambassadors also spent time promoting the Grange at the PA Grange Booth, and volunteering with Valley Grange #1360 in the milkshake booth - it was a lot of fun slinging shakes!

This is just one of the many fantastic opportunities afforded to our Ambassadors. New Ambassadors will be chosen at camp. As a reminder, the Ambassador program is open to any Junior Grange member who has been a JG member who will

celebrate their 12th but not their 15th birthday by December 31, 2022, and who has been a JG member for at least three years.

Contests

I encourage you all to participate in the contests that the PA State Junior Grange and National Grange have. The program guides are both available at

www.pagrangegrange.org/juniors.html - start working now! Some of the National deadlines are coming up in June.

This month, I want to feature our *new* contest - the **Design a T-shirt** contest!



This contest is to design a t-shirt that you would be proud to wear or feel cool to be seen wearing. Your entry will be kept by the Junior Department and possibly used for Grange promotion (as a t-shirt or on other cool items)! Express your creativity. The 2022 Category is "Junior Grange", so whatever Junior Grange means to you!

Rules:

1. Your ORIGINAL design must be drawn/sketched/created digitally (and printed) on paper or card stock. Size should be 10"x10".
2. Your design can be black and white or color.
3. Computer created and hand-drawn designs will be judged in the same category.
4. Design should be FRONT of t-shirt only.

Judging Guidelines:

1. Creativity and originality
2. Content
3. Neatness
4. Appropriateness and connection to theme

I'd love to see a ton of entries in this contest at State Session, so start designing now!

Save the date for:

Youth and Junior Meetup - April 30 (stay tuned for more information!)

PA Junior Grange Camp - June 26- July 2 at Sylvan Hills Christian Service Camp, Howard, PA

Family Festival - July 15-18 at Centre County Fairgrounds (Water games on Friday, and Junior Activities throughout the weekend!)

State Grange (Contests, Junior Jam, and Junior Degree) -

October 14-16 (Contest check-in on the 13th, Junior Jam begins on the 15th), York, PA

I'm really looking forward to being able to gather in-person again soon, but until then, I wish you all health, safety, and happiness.

As always, be kind, be smart, and take care of yourself and those you love,



Phil

Philip J Vonada
PA Junior Grange Director
358 Clinton St
South Williamsport, PA 17702
814-404-7985
pajuniorgrange@gmail.com

Our Youth and Junior royalty did an **AMAZING** job representing the Grange organization at the PA Farm Show!





PAJG Camp 2022 Winter Wonderland



June 26 - July 2, 2022 - Sylvan Hills Christian Service Camp, Howard, PA

Age 7 - 14 as of the start of camp

Please fill out one application for each camper

Counselors/Helpers: Please contact Philip to receive a registration form!

Camper Name _____ M ____ F ____

Address _____ Phone _____

City/State/ZIP _____

T-Shirt Size (circle one)

Email _____

YS YM YL

Adult: S M L XL 2XL 3XL

Date of Birth ____ / ____ / _____ Age on 12/31/2022 _____

Grange Name & Number _____

First Year at Camp? Yes ____ No ____ How many years in Jr. Grange? _____

Deadline: June 1, 2022

Any application received after 6/1/2022 will be charged an additional \$20 and are not guaranteed a camp t-shirt.

Camp Packets with more information will be mailed/e-mailed to all campers about 2 weeks before camp!

- Cost**
- \$165 Full-Week
 - \$90 Half-Week

\$15 per camper is subsidized by the Jonathan Sattazahn Memorial Fund



*Half-Week Option (Weds-Sat) is available for **first-year 7 and 8 year-old campers ONLY***

Sibling Discount: 1st Child = Full Price; then \$15 off for each child after. (2nd = \$150; 3rd = \$150; etc.)
Sibling discount not applicable for half-week campers

FOOD DONATIONS



Each family can save \$10 if you would be willing to bring a food donation of roughly \$10 to camp! Check the box below if you are willing to donate. The item(s) we would like you to bring will be included in your Camp Packet or e-mailed directly to you.

Note: If you forget to bring your donation to camp, you WILL be charged the additional \$10.

Yes, we will bring a food donation to camp!

Payment Options:

____ Enclosed is my check payable to PA Junior Grange
____ Please email me with a link to pay online

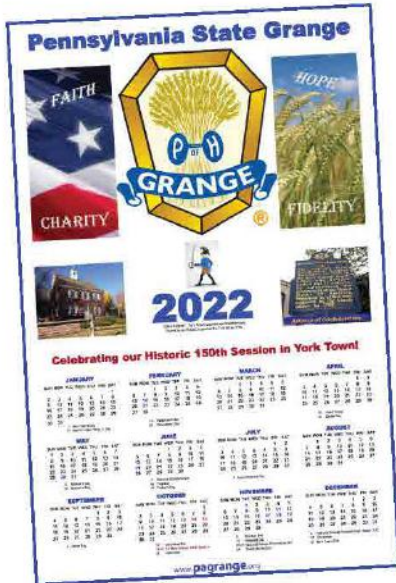
Mail completed forms and checks to:

PAJG c/o Philip Vonada, 358 Clinton Street, South Williamsport, PA 17702
or scan and email to: PAJuniorGrange@gmail.com
Online form available at: <https://tinyurl.com/jgcamp2021>



All **NEW** 2022 PA State Grange COLLECTABLE "FOREVER" CALENDAR TOWEL

This beautiful *special edition* wall-hanging cloth tea-towel calendar features the Grange logo that is sure to brighten up any kitchen, bath or room décor. Plus, the entire 2022 calendar year is readily available for your quick reference anytime.



The Pennsylvania State Grange is celebrating the historic 150th Session of the fraternal Order of Patrons of Husbandry (P of H) October 13-16, 2022.

This momentous 150th Grange Session will be observed in historic York County, PA home to York Town where the 13 original colonies united to form the first U.S. Constitution known as the "Articles of Confederation." A full color photo of the 1976 Bi-Centennial reconstructed Colonial Courthouse and PA Historic Museum Commission marker are featured on each calendar, along with "Little General" Count Casimir Pulaski perched on the weathervane of the recreated courthouse today.

A great gift idea for that special Grange member or calendar collector! A truly wonderful way to proudly display the distinctive official Grange registered trademark emblem. Set upon stripes of red, white and blue and a wheatfield sky together with the Grange logo are the eloquent words:

FAITH ~ HOPE ~ CHARITY ~ FIDELITY

Make your "forever" calendar towel live on! At the end of the year, don't discard it - collect it or use it as an environmentally-friendly kitchen towel. If you are crafty, there are many projects that allow you to reuse this textile art - sew it into a pillow or apron, frame it, make curtains - your creativity creates the possibilities! Start a tradition by hanging this lovely calendar towel in your home or give them as thoughtful gifts!

- Grange calendar with insignia design features all 12 months
- Full color image depicting York Town, PA Courthouse
- Dimensions: 26" H x 17.5" W
- Re-use as an environmentally-friendly kitchen towel
- 100% Cotton; All natural sustainable fibers
- Dowel and cord hanger included
- Perfect for hanging in the kitchen, bath, den, office or any room.
- Use once as a beautiful wall-hanging calendar, and then forever as a kitchen towel

ONLY \$14.99 EACH
Plus PA Sales Tax postage/handling
\$17.50 Total

===== **ORDER TODAY** =====

(Quan.) **2022 Grange Calendar Towel** @ \$14.99 + PA Sales Tax and shipping = **\$17.50 each TOTAL \$** _____

PLEASE ENCLOSE CHECK, MONEY ORDER OR COMPLETE CREDIT CARD PAYMENT INFORMATION BELOW.

Name _____ Phone _____

Shipping Address _____ State _____ Zip _____

Credit Card Payment: Card No.: _____ Expire: ____/____ CVV _____

Print Name: _____ Please charge: \$ _____ Signature: _____

Mail to: Grange Calendar, 59 2nd St., Windsor, PA 17366 ~ **Order by Phone:** PA State Grange Office: 717-737-8855
Make checks payable to: South Central Convention Committee (S.C.C.C.) **Email:** grange2022session@yahoo.com

Calendar towel proceeds benefit the 2022 150th PA State Grange Session and S.C.C.C. program in York, PA. The Grange is a 501(c)(8) non-profit organization.



Government Matters
Carrie Nace
Novak Strategic Advisors

Busy Start to 2022

As we all look to new adventures in 2022, the Pennsylvania State Grange wasted no time in making its presence felt in Harrisburg and throughout the state. December saw the passage of an important bill establishing a Broadband Authority and January began with the Pennsylvania Farm Show once again being held in person. As we begin another year, Governor Wolf will present his last budget address on February 8th. Keep an eye out for to invitations to join special legislative zoom meetings to discuss Grange legislative matters. We hope to hold these meetings on a regular basis to better connect with all members on what is important to them. I look forward to continuing to advocate for important priorities of the Pennsylvania State Grange.

The Pennsylvania State Grange Applauds the passage of HB2071 creating a Broadband Authority. Broadband expansion and access have been of interest for the Pennsylvania State Grange for years. On December 15, successful legislation came to fruition when House Bill 2071 sponsored by Rep. Martin Causer (R-McKean/Potter/Cameron) to establish the PA Broadband Development Authority passed both the Senate and House unanimously.

The bill establishes a funded, central authority to co-ordinate

actions for gaining access to high-speed Broadband for rural Pennsylvanians. It consolidates efforts to one coordinating entity. This Broadband Authority was a key recommendation of the Joint State Government Commission in their landmark 2019 study of Broadband policy options. The Pennsylvania State Grange was chosen as the only rural membership organization to help define those options. The Grange has been stating for several years that Broadband access is to this century what rural electrification was to the 1900s. The need to act quickly is critical to the needs of many Pennsylvanians. The Pennsylvania State Grange previously testified before the House Consumer Affairs Committee on November 10th to urge quick action.



Pennsylvania State Grange meets with Dairy Farmers of America

On December 6th Pennsylvania State Grange President, Wayne Campbell, and I met with

representatives from the Dairy Farmers of America (DFA) to discuss the state of dairy in Pennsylvania as well as what DFA is doing to help its farmers and the dairy industry in general. This was one of a few strategic meetings DFA had scheduled to talk to stakeholders. DFA felt it was important to connect with the Pennsylvania State Grange because of the organization's deep roots in agriculture. As a former dairy farmer, President Campbell was appreciative of the meeting and said he looked forward to future meetings to hear updates on their work in Pennsylvania.



Pennsylvania State Farm Show Legislative Panel

I was honored to have planned and participated in the Pennsylvania Farm Show in its first in-person show since 2020. While in past years the Grange hosted panel discussions on Broadband, this year the discussion centered around solar farm development and how it affects both landowners and prime agricultural land. As you may remember, a resolution was passed at this year's state session on solar development on agricultural land and we felt it was important to continue this discussion.

Pennsylvania Agriculture Secretary Russell Redding started the program by giving opening remarks about finding a balance between competing land use as Pennsylvania looks to alternative energy while trying to conserve prime farmland for agriculture use.

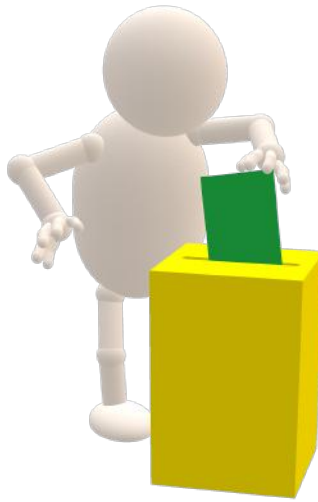
Senator Gene Yaw was the first panelist to speak and spoke to unintended consequences of solar development, specifically programs that help preserve farmland and forestland. In addition, there is currently no widespread recycling of solar panels available which is a concern.

Alyssa Edwards and Lexie Hahn who both lead solar project development spoke of the opportunities solar can bring to landowners. In particular, Hahn uses livestock to maintain the land around solar panels through grazing.

Tom Murphy, Director of Penn State Marcellus Center for Outreach and Research, discussed the issues landowners may face as they are approached by companies. Leasing documents can be very lengthy and full of legal language. He stressed finding the right attorney to help landowners make informed decisions.

Pennsylvania State Grange president Wayne Campbell stressed that this is the beginning of a conversation and is looking forward to being a resource on issues of policy related to solar development. In addition, future discussions on solar will be scheduled.

Thanks to all Grange members who attended the panel in person and online. All of our participants indicated they would be happy to connect one on one with our members on this issue or speak at meetings. If you are interested in receiving contact information, please let me know and I will be happy to help.



2022 Primary and General Elections

While it may seem like the 2020 presidential election just concluded, 2022 will see another influx of campaigning as Pennsylvania looks to elect a new governor and US senator. Many candidates have indicated their intent to run for both offices. The Pennsylvania Constitution provides for a Legislative Reapportionment Commission to redistrict both chambers (the state Senate and the state House) in the year following the Federal decennial census while the General Assembly is tasked with Congressional Districts.

You may have heard, the new Congressional and state legislative maps are currently in flux as the General Assembly and Governor have been unable to decide on the congressional districts.

Pennsylvania Courts are slated to make a determination of these maps and as of the writing of this article a timeline is unclear. While petition circulations are slated to begin February 15th with a due date of March 8th this could change depending on the court action.

Nonetheless, with so many candidates vying for the top two positions on the Pennsylvania ballot, it is more important than ever to understand where the candidates stand on Grange issues. To that end, we intend to send a survey to all gubernatorial and US senate candidates once they are on the ballot on where they stand on issues that are important to our members. We will then compile the results and publish a Pennsylvania State Grange Voter Guide for the Primary.

This guide will be non-partisan only relaying what the candidates reply to our survey and is intended as a document to help members as they head to the polls in May. We will send the guide out to our members via a special email blast in April. However, if you would like hard copies for your members, please let me know and I am happy to make sure you have as many as you need!

Carrie Nace
carrie@nsallc.com
717-424-5832



What's happening across PA...



Jefferson Grange #1384

PROM
"A Night Under the Stars"
hosted by Jefferson Grange #1384
7 to 10 p.m.
April 9
Pioneer Evergreen Farms Banquet Center
159 E. Adamsdale Road, Orwigsburg
to benefit the Suicide Prevention Task Force of
Schuylkill County



Jefferson Grange will host a formal dance - an **Adult Prom themed "A Night Under the Stars"** - for individuals age 21 and over with all proceeds benefiting the Suicide Prevention Task Force of Schuylkill County, a fiscal sponsor project of Schuylkill County's VISION on April 9 from 7-10 p.m. at Pioneer Evergreen Farm Banquet Center, 159 E. Adamsdale Road, Orwigsburg. Tickets are \$60.

Visit their website for additional information: <https://www.jeffersongrange1384pa.org/adultprom22>

Eagle Grange #1



Member JoAnn Murray is hard at work!



Thrivent Financial supported the "Share the Love" dinner through a grant. Eagle Grange is very appreciative of their support, which helps us to serve our community. Here, members and friends pose for a picture in Thrivent t-shirts.



Eagle Grange members Beth and Bernie Downey (left and right) work with State Grange Executive Committee member, Ruth Vonada (center), to get organized for the take-out dinner.

Eagle Grange held our second annual "Share the Love" dinner, offering free meals to the community. 185 meals were served that day and we were thrilled to welcome members of the community to our hall. We are truly touched by the generosity of our community, who "paid the love forward" with free-will donations which will allow us to continue to serve the Montgomery and surrounding communities.

Centre County Pomona Grange #13



Experience the wonder and excitement that is the Centre County Grange Fair every August. With a 148-year history, the fair is a home-away-from-home to families in 1,000 tents and 1,500 RVs. It is the only remaining tenting fair in the nation. Feel the magic, the charm, and the nostalgia. Best of all, be part of something extraordinary!


Visit their website at: <https://grangefair.com>

Hamburg Grange #2103

**Thank you to
Hamburg Grange
and Thrivent
for your
sponsorship today!**

Check this out! →

HAMBURG GRANGE #2103
Bus Trip to PA Farm Show



Saturday, January 8, 2022
Meet at Hamburg Area High School
701 Windsor Street, Hamburg
West side school parking lot
Drop off and pick-up at main entrance
of Farm Show Complex
Leave 8AM
Return 6:30PM
COST \$20/seat
Call Anna Heffner at 610-207-9755

The Hamburg Grange along with Thrivent sponsored "It's a Wonderful Life" on December 28, 2020 for the Classic Night movie at the Hamburg Strand Theater and the Hamburg Grange sponsored a bus to the PA Farm Show on January 8th.

What's happening across PA...

Ontelaunee Grange #1617



THANK YOU to everyone who came out to the Ontelaunee Junior Grange Spaghetti Supper on Feb. 12, in support of Bailey Unterkofler!
We have an awesome community!

Sanatoga #25



Sanatoga Grange and the Fire Company have been a staple in their community for a long time. The Fire Company let the Grange use their building to hold Grange meetings in for a period of time. As a "thank-you" and way to give back to the Fire Department, members of the Sanatoga Grange presented a check to Fire Chief Eric Linsenbiger in the amount of \$1,000. Chief Linsenbiger then gave a presentation on the Fire Department and what it takes to become a firefighter.



Sanatoga Treasurer Robert Zimmerman presented a check to Glen Islett, Membership Chair of the Lower Pottsgrove Historical Society for \$1,000. This donation to the Historical Society will provide programs, projects and activities to help further the preservation of the community.



2022 PA Farm Show "Harvesting More"



Dave Williams interviews our Pennsylvania State Grange Young Patron Gail Switzer, Youth Ambassadors Autumn Tworkoski, and Ashlan Smith.



Pennsylvania Congressman Glenn "GT" Thompson, 15th District, and Minnesota U.S. House of Representatives Michelle Fischbach 7th District stopped in to visit at the Pennsylvania State Grange booth.

L-R: Philip Vonada (PA Junior Director), Bryce Danko (past PA & National Junior Grange Ambassador), Gail Switzer (PA State Grange Outstanding Young Patron), Congressman Thompson, and U.S. Rep. Michelle Fischbach.



President Wayne Campbell with Mifflin Grange, Cumberland County Junior Grange members at the PA Farm Show.



Exhibits in the Family Activities area at the PA Farm Show.



Baby Chicks are always popular to watch.



Virginia Mangel, Dr. Oz, Debbie & Wayne Campbell, and Lizzie & Cliff Bailey.

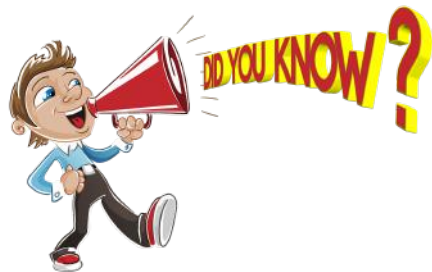


The PA Farm Show Junior Committee played Ag Jeopardy. The Pennsylvania State Grange sponsored the event by providing prizes.



The PA Dairy Princesses and the PA State Grange hosted skits and made finger puppets at the Family Activity Area at the PA Farm Show. Thank you PA Dairy Princesses!

Milk of Human Kindness



The Pennsylvania State Grange adopted a special relief project - Milk of Human Kindness - in 1948 to provide milk in powder form to the starving children of Europe still recovering from the ravages of World War II. Arrangements were made through the American Friends (Quakers) Service Committee to ensure the milk would reach those in need without any diversion for political or propaganda purposes. A quota of 25 cents per member was assigned to each local Grange, resulting in \$13,484.10 being raised to provide 40,452 gallons of milk. Thirteen Pomona Granges received special honors for exceeding their quota for the project.



Easter Morn Coffee Cake

3 cups flour	3 eggs
1 1/2 tsp baking powder	1 1/2 tsp vanilla extract
1 1/2 tsp baking soda	2 cups sour cream
1 tsp salt	1/2 chopped nuts
1 1/2 cups sugar	1/4 cup sugar
1/2 cup butter, softened	1 tsp cinnamon

Sift the flour, baking powder, baking soda and salt together. Beat 1 1/2 cups sugar, butter eggs and vanilla in a mixer bowl until creamy, scraping the bowl occasionally. Add the dry ingredients alternately with the sour cream, beating well after each addition. Beat for 2-3 minutes. Combine the nuts, 1/4 cup sugar and cinnamon in a bowl and mix well. Stir half the nut mixture into the batter. Spoon the batter into a greased and floured tube pan. Sprinkle with the remaining nut mixture. Bake at 350 degrees for 40-50 minutes or until light brown. Cool in pan for several minutes. Remove to a wire rack to cool completely.

Marie Robidoux, Chepachet Grange, Rhode Island

This recipe can be found in the "What's Cookin' in the Grange" National Grange cookbook.



Dilled Lemon Chicken

1 1/2 lb boneless chicken breasts	1/4 tsp salt
1/4 cup margarine or butter	1/8 tsp dried dillweed
1/2 cup dry white wine	1/2 lemon, thinly sliced
1 Tbsp lemon juice	2 green onions, sliced

Saute chicken breasts in margarine in 10-in skillet for 5 minutes on each side or until light brown. Combine wine, lemon juice, salt and dillweed in small bowl; pour over chicken. Place lemon slices on chicken. Bring to a boil; reduce heat. Simmer, covered, for 10 to 15 minutes or until chicken is tender. Remove chicken with slotted spoon to warm platter. Boil wine mixture for 3 minutes or until reduced by half, stirring constantly. Pour over chicken. Sprinkle with green onions.

Karen Yetter, Valley #1360

This recipe can be found in the 1992 edition of the Pennsylvania State Grange cookbook.

Member Benefit Highlights

**Do you buy clothes, beauty supplies, tools,
or home decor online?**

**You may be able to earn money for your
online shopping trips!**



Just for signing up for Rakuten you can receive a \$10 Cash Rebate. Using Rakuten also gets you discounts up to 40% in over 3,500 online stores. Just go to their website

<https://www.rakuten.com/r/PAGRAN24?eeid-28187>

If you are asked for a referral code use: pagrange

There is nothing easier than getting paid to shop online!



Are you thinking of summer vacation?

**Do you travel for business? Do you
like to go to major sporting events?**

**Tickets at Work could save you a ton
of money in discounts!**

The Grange also has different rental car and hotel discounts to complete your vacation getaway.

The Pennsylvania State Grange has a partnership with Tickets At Work to bring our members the best deals on hotels, amusement parks and other attractions, movie tickets, rental cars, and everyday shopping. Contact the Pennsylvania State Grange office for the Company Code to start utilizing your discounts today!



Welcome New Members!!!

Goshen #121

Michelle Klaes

Union #152

Thomas Whipple Jr

Trevor Payne

Halfmoon #290

Keith Reese

Middletown #684

Gary Dunbar

Frances Weisser

Anna Diianni

Gracie Smith

Luke Smith

California #941

Carol Bieber

William Bieber



Fairdale #1157

Daniel Chicglo

Karley Traver

Kimberly Mosier

Burgettstown #1502

Brandon Maltony

Dan Lueck

Dan Steele

David Sepesy

Tom Ulrich

Brian Berdine

William Johnston

Amy Stacy

Ginger Hill #1549

Timothy Limerick

Melanie Limerick

Brooke Doleno

Keith Doleno

Fleetwood #1839

Kaitlynne Burkey

Kayla Rohrbach

Scott Graff

Owen Schlegel

Ridgeview #1948

Laura Lambie

Hookstown #1980

Justin Malcomb

Calvin McConnell

Big Knob #2008

Joanie Lopic

Cheryl Reader

Missy CLark

Judith Dotson



In Memoriam

"Well Done Good and Faithful Servant..."

Brandywine #60

Pauline Lynch

Fulton #66

Sarah Jackson

David Wissler Jr

Union City #89

Phyllis Pattison

Logan #109

Ruth Luse

Union #152

William Brooks

Penns Valley #158

Wayne A Rishel

Windfall #257

Donna Ayres

Shavers Creek #252

George Fitzgerald

Beech Flats #336

Elda Molyneux

Arthur Molyneux

Hartslog Valley #375

Joseph C Kurtz

Cleo Gehrett

Middletown #648

Richard Glover

James Tomlinson

Turbett #781

Wanda Boyer

Vernon #936

Wallace Irwin

California #941

Gladys Durlin

Margie Lapp

Pleasant Valley #1074

Doris Weaver

Chestnut Ridge #1133

Ruth Iams

Harmony #1202

B June Hughes

Kimberton #1304

Wayne Walters

Valley #1360

Janet A Eppley

Jefferson #1373

Nancy Halstead

Big Creek #1559

Violet Kemmerer

Ontelaunee #1617

Ruth Mease

Mahoning Valley #1649

Karen Harvey

Schnecksville #1684

Joyce Shankweiler

Unity #1710

Lynette Kawka

Plumsteadville #1738

Ruth Peters

Pioneer #1777

Barbara Schaeffer

Joyce Schantz

Red Lion #1781

Ralph Null

Virginville #1832

Joyce Dietrich

Wayne Mengel

Leroy Sunday

Richard Schaeffer

Fleetwood #1839

Robert Kopfer

Allegheny #1843

Elizabeth Anstadt

In Memoriam

"Well Done Good and Faithful Servant..."

Mt. Nebo #1872

Joseph A Hajnas

Bernville #1887

Peter Ruth

David Shartle

Hookstown #1980

Arthur Beckert

Walker #2007

Dorothy Garbrick

Big Knob #2008

Merle Crawford

Sella Shaffer

Twin East Hanover #2089

Sherry Bashore

NEW OFFICE ADDRESS

**26 CJEMS Ln.
Mifflintown, PA 17059**

2022-2023 CALENDAR OF EVENTS

All dates are tentative and subject to change.

MARCH

13th: Daylight Savings
Time (turn clocks
forward)



APRIL

17th: Easter
22nd: Earth Day



MAY

5th: Cinco de Mayo
30th: Memorial Day



JUNE

14th: Flag Day
24-26th: Youth Camp;
Camp Sylvan Hills
26-July 2nd: Junior
Grange Camp; Camp
Sylvan Hills

JULY

4th: Independence Day
14-17th: Family Festival;
Centre County
Fairground



AUGUST

9-11th: AG Progress
Days; Pennsylvania
Furnace



SEPTEMBER

5th: Labor Day



OCTOBER

14-16th: State Session;
York, PA
31st: Happy Halloween!



NOVEMBER

11th: Veterans Day
15-19th: National Grange
Convention; Sparks,
Nevada
25th: Happy
Thanksgiving

DECEMBER

25th: Merry Christmas!



JANUARY 2023

1st: Happy New Year!
7-14th: PA Farm Show



FEBRUARY

20th: President's Day



Pennsylvania State Grange

Pennsylvania Grange News

26 CJEMS Lane

Mifflintown, PA 17059

What can the Grange do for you?

National Grange Benefits

- Wyndham Hotel: Members save up to 20%
- Hertz/Avis/Budget Rental Car
- CVS Caremark: Savings up to 50% with CVS RxSavings Plus Card
- National Grange Travel Center
- Office Depot/Office Max/Shop.com
- TSYS Merchant Solutions

Pennsylvania State Grange Benefits

- American Income Life: All members receive a \$3000 Accidental Death Benefit.
- Avis Car Rental: Discounted Member Rates.
- BJ's Wholesale Club: Save \$15 on Basic, or \$30 on Rewards Membership, plus 1 free month.
- Tickets At Work: Offers discounts on movie tickets, concerts, travel, theme parks, and shopping.

The Pennsylvania State Grange also offers scholarships and interest free loans.



Contact the Pennsylvania State Grange office with questions about becoming a member...and start enjoying the many benefits of being a Grange Member... immediately!!!

Pennsylvania State Grange

www.pagrang.org

(717) 737-8855