



# The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

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## **Join National Grange in promoting the Affordable Connectivity Program**

By [Betsy E. Huber](#), National Grange President

The National Grange, partnering with [Oregon Institute for a Better Way](#), has been awarded a grant from the Federal Communications Commission to assist in promoting the [Affordable Connectivity Program](#). We have been working for more than 20 years to expand access to the internet in rural areas. Now that billions of dollars have been allocated to make that a reality, we are working on the other barrier to broadband service — **affordability**.

What does this have to do with you? We are asking every Grange to participate in this project in some way. Much of the grant money we will receive is being used to print materials—business card-sized information cards, banners, yard signs, placemats, posters, door-hangers—most anything you could think of that Granges might use to advertise the ACP program to their community.

That's all there is to it! Sign your Grange up at [this site](#), and a Granger or Community Navigator will contact you to ask what type of materials your Grange might use at what event you are already having. Holding a dinner? Order some placemats. Your Grange is on a busy road? Order a banner or yard signs. Working at a fair booth? Order business cards or flyers to hand out. It's an easy project, and we're asking every Grange to help. If you want to do a big project but don't have enough help, we can even send people to help you.

Amanda has been having several Zoom meetings to explain all the details of our request. If you'd like to be included in one of these Zoom meetings just let us know at [membership@nationalgrange.org](mailto:membership@nationalgrange.org). The printed materials will be ready in just a few days, so the time to act is now! Sign up and plan how you will help to advertise this great benefit to those who need it. Thank you!

## **Leadership is being someone to look up to**

By [Amanda Brozana Rios](#), National Grange Membership & Leadership Development Director



It's the season where beginnings and ends meet. I was reminded of that as we celebrated the high school graduation of my friend's daughter.

From the same school, 23 years ago, her mom and I would receive sage - though forgotten - advice from a variety of people before walking across the stage into our own end, our own beginning.

Today, these many years later, there are two things I remember.

The first was my introduction to the poem, "If," by Rudyard Kipling, read to us by Ali as part of his salutatorian address.

The second was seeking out Bridgette - a friend that was nearly like a sister to me in elementary and middle school. By high school, we had drifted apart into different circles with different paths. But that night just after we tossed our caps, I looked for her to have a quiet moment before our families and friends rushed onto the gym floor to celebrate with us.

We talked sparingly by that time, but I had something I needed to say, and I knew I'd like to take some time that day, that weekend, that summer to talk to my old friend. I hadn't had the urgency, though, until I listened to Kipling's words and Ali's perfect pacing of them; until her name floated to the top of my mind when I heard these lines:

*"If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,...*

The culmination of these conditions - the "ifs" of the poem - is Kipling's assertion, "... you'll be a man, my son."

While it was a perfect addition to a graduation address - timing and content impeccably matched for a class of more than 200, each of whom accepted a new weight of expectations of family and unspoken covenants made with the world at large when they moved the tassel to the left - it now serves as an excellent measure of characteristics one may embody that makes them someone to look up to.

Even though we were peers, Bridgette had always had a larger-than-life presence in my world.

She managed popularity and kindness effortlessly. Life's circumstance made her more aware of how the former could obscure the latter and that human dignity and basic inclusion was a right we should all seek. It was important to me that I told her how her view of the world, and her charity toward others in word and deed had helped shape my interactions with others, and that she was creating a living legacy by influencing others to be their better selves.

There were many other people I saw in the lines of that poem that night when I went online to read it again and over the hundreds of times I've read or spoken memorized parts since - each embodying a characteristic worth lauding or emulating.

Today the vast majority of those I connect to that poem are Grangers.

The sheer number of people gathered under one association's umbrella who are people one could look up to is impressive - but there can always be one more.

Sometimes, leadership comes in the form of unplanned, everyday actions, when someone lives their character out loud. I hope you are thinking right now of a Grange member who fits this description. I hope you tell them they are powerful because of the respect you, and likely others, have for them.

Finally, I hope you read Kipling's piece and measure yourself against it and see if you, too, can be someone worth looking up to.

It's never too late, especially in this season of intersecting beginnings and ends.

You can read the entire poem, "If," here: <https://www.poetryfoundation.org/poems/46473/if--->

## **Webinar: Mental Health Benefits of Sleep, Nutrition, Exercise, and Mindfulness**

In keeping with our mission to serve as the informed voice for mental health in rural America, [Rural Minds](#)™ and the [National Grange](#) are pleased to present another ***Rural Mental Health Connections Free Webinar***.

We welcome the longest day of sunlight on June 21, the official start of the summer season. Sunshine can improve mental health, as skin exposed to sunlight produces vitamin D, which naturally elevates your mood.

Mental health is an important part of physical health and well-being. That's why understanding the connection between mental and physical health – and the need to care for both – is essential for overall wellness.

This webinar focuses on the mental and physical health benefits of sunlight, sleep, nutrition, exercise and mindfulness. We will also share tips about how to help boost mind and body wellness.

#### PRESENTERS:

- **Joseph Dzierzewski**, PhD, Vice President, Research and Scientific Affairs at the National Sleep Foundation (NSF)
- **Dawn Grittmann**, PharmD, CPHQ, Senior Manager, National Education Programs, Research, Support and Education at the National Alliance on Mental Illness (NAMI)
- **Em Skehill**, Director of Public Awareness and Education at Mental Health America (MHA)
- MODERATOR: Julie Lux, Vice President of Communications – Rural Minds

#### WEBINAR REGISTRATION DETAILS:

There is no charge to register for the webinar. To honor confidentiality and privacy of those attending this webinar, please note:

- Attendees (those watching the webinar) will only be able to see the webinar presenters.
- No one watching the webinar will be able to see the name or image of any other person who is watching the webinar.
- Any question submitted by an attendee will only be seen by the webinar moderator or the presenter.
- Questions will not be visible to other people watching the webinar.

**Rural Mental Health Connections Webinar Series**  
**Mental Health Benefits of Sleep, Nutrition, Exercise and Mindfulness**  
 Presented by Rural Minds and the National Grange

As we welcome the longest day of sunlight on June 21 and the official start of the summer season, Rural Minds and the National Grange are pleased to present Mental Health Benefits of Sleep, Nutrition, Exercise and Mindfulness.

**This webinar will feature:**

- Presentations from the National Alliance on Mental Health, the National Sleep Foundation, and Mental Health America
- Questions sharing their expertise on the benefits of physical health for mental health.
- Helpful tips to help boost your mind and body wellness
- Discussion about the unique circumstances of maintaining overall health while living in rural America.

**Wednesday, June 21, 2023**  
 4 pm PT | 5 pm MT | 6 pm CT | 7 pm ET

**CLICK HERE for FREE event registration!**

Or scan QR Code to register now!

This webinar will be presented live via Zoom with the option to hear live audio as listen only. Webinar video will be archived and available post-event on [www.RuralMinds.org](http://www.RuralMinds.org).

If you don't have computer access, you can call into the webinar using any of the following numbers:  
 West Coast: +1 408 638 0968  
 Central: +1 866 243 7799  
 East Coast: +1 848 951 3360  
 When prompted, provide the Webinar Passcode: 168845

Please note that this webinar discusses aspects of mental health, including suicide, that certain individuals may find disturbing or triggering. If you or someone you know is suicidal or in emotional distress, call or text 988. These services are free and confidential. If this is a life-threatening emergency, call 911 or go to the nearest hospital emergency room.

We invite you to join us for this FREE educational event featuring:

- **Joseph Dzierzewski**, PhD, Vice President, Research and Scientific Affairs at the National Sleep Foundation (NSF) - Dr. Joseph Dzierzewski is the Vice President of Research, Scientific Affairs at the National Sleep Foundation (NSF). Dr. Dzierzewski's educational background is in Clinical Health Psychology, focusing on behavioral sleep medicine, and he maintains an active clinical license.
- **Dawn Grittmann**, PharmD, CPHQ, Senior Manager, National Education Programs, Research, Support and Education at the National Alliance on Mental Illness (NAMI) - Dr. Grittmann is a licensed Doctor of Pharmacy with more than 17 years of hospital, quality, managed care and teaching experience. A suicide loss survivor, Dawn joined NAMI after losing two cousins and their father to suicide.
- **Em Skehill**, Director of Public Awareness and Education at Mental Health America (MHA) - Ms. Skehill develops accessible educational resources for MHA's awareness initiatives, including Mental Health Month, Pride Month and youth wellbeing. Prior to this role, she was the Manager of Peer Advocacy, Supports, and Services, and she continues to integrate the values of lived experience and self-directed care into her work.
- **Julie Lux** - Rural Minds Vice President of Communications, moderating the webinar
- Interaction from the online audience during Q&A sessions

**RURAL MINDS**

[www.NationalGrange.org](http://www.NationalGrange.org) | 202-628-3507  
[www.RuralMinds.org](http://www.RuralMinds.org) | [info@RuralMinds.org](mailto:info@RuralMinds.org)  
 800-226-8113

Click the image to enlarge

[Register for the Webinar](#)

## Register for National Grange Convention



**We are just five months away from another incredible National Grange Convention!**

This November, we are going to “Flow into the Future” in Niagara Falls, New York as we celebrate the 157<sup>th</sup> Annual Session of the National Grange. **And we want you to be there!**

This year's Convention will be just blocks from the Falls! The [Sheraton Niagara Falls](#) is an incredible hotel which will also house the hospitality room, and the convention itself and many of the evening activities will be held at the [Niagara Falls Convention Center](#), just across the street!

Use [this link](#) to book your stay at the main Convention Hotel using our group rate. You can also call (716) 285-3361 and let them know that you're with the Grange when booking your rooms.

We invite ALL Grange members to participate in the Convention activities, so please make plans to attend from November 14-18, 2023.

This is your early warning to ensure your passport is up to date. You won't want to miss the opportunity to pop over to Canada when you're just a few steps away:

<https://www.usps.com/international/passports.htm>

Stay tuned over the coming weeks and months for more information about speakers, tours, and other opportunities (both fun and educational!) for all Grange members during the Convention.

Learn more about this year's Convention and register today on the National Grange website!  
**Early Bird Registration** - \$32 – open through September 4<sup>th</sup>, 2023.

**[Register for Convention](#)**

The Host Committee has chosen [Community Missions of Niagara](#) as the recipient of this year's community service collection. Granges and attendees are encouraged to send or bring socks, hats, or mittens for men or women to this year's Convention. If you would rather make a financial contribution, please contact [Paula Turner](#).



## [Land's End becomes distributor of National Grange logo items](#)



Have you ever wanted a Grange-branded item that isn't carried in the Grange Store? Maybe just one or two polo shirts, a tote bag, an apron? A new partnership with **Land's End** allows Grange members the option of applying embroidered logos (National Grange or Grange Youth) to products –

sometimes with the option to order as few as just ONE item.

MEN WOMEN PROMOTIONAL PRODUCTS



To order, visit <https://business.landsend.com/store/grange/> and use the dropdown options (MEN – WOMEN – PROMOTIONAL PRODUCTS) at the top to see what items our Grange logos can be applied to!

**Note:** The National Grange receives no commission from these sales, however this is an option that allows officially-licensed merchandise to be purchased with quality control on our logos.

## [Volunteers needed for the Tree Care Standards Committee](#)

The [Tree Care Industry Association](#) and the Tree Care Standards Committee are seeking “user” (consumer) volunteers to participate as voting members on the Tree Care Standards Committee (ASC A300). ASC A300 is tasked with developing, reviewing, and approving industry standards for the management of trees and woody plants. Examples of previous standards from ASC A300 include the [Pruning Standard](#), for pruning practices and specification development when pruning trees, shrubs, and other woody plants such as palms; [The Planting and Transplanting Standard](#) for planting and transplanting practices of trees and woody plants; The Tree Risk Assessment Standard for assessing the risk of tree failure; and [The Integrated Pest Management](#) standard for management practices when implementing pest management of trees and woody plants.

Consumer input is needed! As a consumer “voting member,” you will have an opportunity to vote and provide comments on new or proposed revisions to the portfolio of tree care industry standards. The “user” category is defined as “materially-affected green/land care/tree care businesses, community/consumer groups, government agencies, or organizations representing government agencies.” Examples of this interest category would include commercial tree care businesses, government agencies, consumers and community groups, and individuals who can represent those groups. More information about the ASC A300 and the Tree Care Standards is available [on the TCIA website](#).

If interested in participating, please contact ASC A300 secretary Bob Rouse at [rrouse@tcia.org](mailto:rrouse@tcia.org) or Cleo Stamatatos at ANSI at [cstamatatos@ansi.org](mailto:cstamatatos@ansi.org).

New members can start at one of the next two meetings: October 10, 2023 in Providence, RI; or, March 12, 2024 *tentatively scheduled* in San Antonio, TX.

Interested in learning more about how to participate as a standards volunteer? Register for a free [“Consumer Safety Central” webinar here](#).

SUPPLY STORE

[www.grangestore.org](http://www.grangestore.org)

NEW GRANGE 4TH DEGREE PIN

  
\$10.00  
PLUS SHIPPING

This is a **BRAND NEW** 1" pin with 1/4" clutch back. Perfect for welcoming new members into the Grange, celebrating milestones, and more.

Featuring the Grange emblem, surrounded with the names of the 7 Founders.

*Limited quantity available.*

Order online through the Grange Supply Store at [grangestore.org](http://grangestore.org) or by calling Loretta at (202) 628-3507 ext. 109.



**SUPPLY STORE**

[www.grangestore.org](http://www.grangestore.org)

**YEARS OF SERVICE  
JEWELRY & AWARDS**

**Celebrate your members!**






These clutch-back or safety-back pins are available in 5-year increments from 5 years through 80 years! The Golden Sheaf pin recognizes 50-year members. Also available are Silver Star (25-year) and Golden Sheaf (50-year) certificates and folders, and other recognition options for long-time members.

*prices vary*

Get yours by ordering online through the Grange Supply Store at [grangestore.org](http://grangestore.org) or by calling Loretta at (202) 628-3507 ext. 109.

## Grange Member Benefit: Lenovo



**Reward your dad & grad!**

Free Shipping

[Shop Now](#)



## *Dads & Grads sale*

**Hard work pays off! Great gifts from Lenovo up to 60% off.**

Reward your dad or grad with a new Lenovo Legion Gaming PC and accessories up to **60%** off, now through June 11th and earn **points** with MyLenovo rewards in the process!

**Not a MyLenovo Rewards Member?** Sign up for free and earn rewards points for future purchases. Plus, you'll receive expedited delivery at no extra cost!

**Shop Now:** [www.lenovo.com/us/en/lsp](http://www.lenovo.com/us/en/lsp)

**For assistance with purchases, call:** 1-800-426-7235 (M-F: 9:00 a.m. – 9:00 p.m. ET, Sat: 9:00 a.m. – 6:00 p.m. ET).

*Be sure to check the website often – special offers change frequently.*



## GRANGE JEWELRY



Grange Jewelry is now in stock at the Grange Store. Pins include years of service and member recognition pins from 5-80 years, past officer pins, Degree recognition pins, and much more!

*Some jewelry is now on clearance!*

**Prices vary**

Order online through the Grange Supply Store at [grangestore.org](http://grangestore.org) or by calling Loretta at (202) 628-3507 ext. 109.

[www.grangestore.org](http://www.grangestore.org)

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