



# The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

May 12, 2023

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## **Medicare needs to help rural America access Alzheimer's treatments**

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

Yesterday, I had the privilege of speaking on a panel for [The Hill](#), a top U.S. political website focusing on policy, business and international relations, and covering Congress, the Administration, and election campaigns. The Hill noticed [my op-ed published in the Kansas City Star](#) earlier this year and invited me to be a part of their panel discussion on Alzheimer's Disease.

If any of you have had family members or close friends afflicted by this awful disease, you know what a terrible thing it is. You lose your loved one twice – once when they mentally leave you, and again when they finally pass away, sometimes after years of suffering. There is no cure.

More than six million people in the U.S. suffer from this relentless disease, but rural areas see nearly twice the death rate as urban regions. Agricultural workers are almost 50 percent more likely to develop the disease.

Pharmaceutical companies have developed new treatments that show promise to slow the progression of A.D. by removing amyloid plaques from the brain. The problem is that Medicare is severely restricting coverage for these treatments and for the PET scans needed to use them. The only way to have Medicare pay for the treatment is to be enrolled in a clinical study, which of course is only happening in large urban hospitals. Eighteen states do not have any study site, and those centers that do exist may be many hours travel from most rural areas.

Also, this week we wrote to the U.S. House Ways and Means Committee urging them to hold the Center for Medicare Services accountable for ensuring health equity for rural America by approving these treatments. We will continue to lobby for this issue until it is resolved, and rural residents can access this vital new medicine.

## **Spring Cleaning**

By [Ann Bercher](#), National Grange Lecturer



Spring was slow to arrive in Minnesota this year. After having the third snowiest winter on record, I wasn't surprised. And then I had my own delay due to a "reconstruction project." But now I'm ready to get on with that springtime tradition of Spring Cleaning!

The history of spring cleaning is interesting and spans traditions rooted in religious and cultural traditions and may even be linked to our human biology.

Jewish tradition connects spring cleaning to Passover which occurs in March or April. The house would be completely cleaned making sure to remove all remaining crumbs of leavened yeast breads. After the house had been completely swept, mopped and

scrubbed clean, a lit candle was used to search for any last remaining crumbs, or “chametz” to ensure the house was spotless.

The Catholic and Greek Orthodox churches started cleaning the house on the first day of Lent, which also included giving up a personal vice for 40 days to help make the body clean. It makes sense that they would also clean up their living environment for this time of renewal.

Another spring-cleaning origin story goes back to a 1,000 year old Iranian festival that celebrates the Persian New Year. This spring cleaning is called “Khaneh-Tekani” which translates into “shaking the house.” The entire house would be scrubbed, repairs would be made, and carpets were aired out. Flowers filled the home and winter was literally tossed out and spring welcomed in.

More recently, back in the 1800s, spring cleaning was a necessity. Oil or kerosene burning lamps, and wood or coal fired stoves filled the home with soot and grime. Walls and windows were scrubbed clean, rugs and carpets removed, beaten and aired out and all of the furniture dusted and polished.

But it’s not just people’s homes that benefitted from spring cleaning. In 1950, Aspen, Colorado rallied its citizens for a community-wide spring-cleaning spree. They cleaned up back yards, parks and other public spaces. Many towns and cities around the country actively participate in this kind of activity to this day.

Our own human biology supports the idea of spring cleaning. During the winter, fewer hours of daylight, triggers out to brains release melatonin and we get a little sluggish and don’t have the energy to deep clean our homes. With more hours of the daylight, we become energized by more sunlight and melatonin production subsides. With all that sunlight streaming in through the windows, we can see the dust floating in the air too!

Other benefits of spring cleaning, apart from cleaning our physical spaces, are that it can reduce stress and anxiety. Decluttering can be therapeutic and helps us focus our brains on a specific task. It can help us create spaces that give easier access to things we need to find. Everything in its place.

This spring, we can also look to our Grange Halls, our bookkeeping, and our programs for some spring cleaning. “Shake them up!” Take care of our physical properties, but also look through the archives. Organize and declutter our files. Make the transfer of information easier for the next leaders that are elected to serve. Archive the dated materials and bring in something new. Let’s spring into the coming season energized, impassioned and with renewed motivation.



## National Grange Convention registration is open



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!

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](#).

Additionally, on Monday, May 8, the Host Committee led a Zoom session about some things to expect at this year's Convention. [Watch it here!](#)

## [National Grange Convention reimaged – and better than ever!](#)

The National Convention Advisory Work Group has been charged with identifying how to make our National Grange Convention an amazing Grange experience that is the single most important event on every member's calendar.

We value your input and invite you to participate in this survey which should take no more than 5 minutes of your time.

Take the survey here:

<http://www.grange.biz/conventionsurvey>



## [Advocacy Playbook: The Farm Bill](#)

*By Sean O'Neil, National Grange Legislative Assistant*

### **The Issue:**

The [Farm Bill](#) is legislative package passed by Congress every five years which includes a wide variety of programs focused on agriculture. In 2018, Congress passed a Farm Bill which included [12 Titles](#) focused on programs ranging from crop insurance and conservation to nutrition and rural development. In 2023, Congress will once again have to draft and pass a Farm Bill and both the House and Senate Agriculture Committees have begun to hold hearings on the various Farm Bill Titles. While it is common for many Titles to remain relatively unchanged between Farm Bills, significant areas of contention are already beginning to emerge around the 2023 bill.

### **Areas of Conflict:**

One theme that looks likely to be contentious in the negotiations over the next Farm Bill is climate change. Many Democratic lawmakers have argued that the Farm Bill's conservation and energy Titles, along with a handful of others, would be good vehicles to increase spending on programs meant to combat climate change. For example, under the rural development Title, some Democratic lawmakers have pushed for programs which would incentivize the locating of renewable energy projects in rural America. However, many Republicans have argued that

while some of the proposed climate programs may be valuable, they should not be placed in the Farm Bill, which they argue should maintain its current focus on agriculture, nutrition, and economic development programs.

Another area of potential contention may emerge regarding funding for the Nutrition Title of the Farm Bill. The Nutrition Title is the largest area of the Farm Bill in terms of dollars spent, and includes important welfare programs such as the Supplemental Nutrition Assistance Program (SNAP) and other more targeted programs. Currently, Democratic lawmakers are pushing for increased funding in the Nutrition Title of the Farm Bill, Republicans are pushing for increased work requirements and restricted payments.

### **What you can do about it:**

If you have concerns about any element of the Farm Bill that you would like to register while the 2023 Farm Bill is being drafted, now is the time to make your voice heard with lawmakers on the [House](#) and [Senate](#) Agriculture committees who are beginning the process of designing the bill. One way to advocate on the Farm Bill is by reaching out to your member of Congress (if you are not sure who that is, use this website: <https://www.house.gov/representatives/find-your-representative>). Whether you plan to call, send an email, or write a letter to your member of Congress, try to include a story about how the Farm Bill will affect you, your family, and your community. Each call, email, and letter an office receives is tallied up and considered when your Representative is deciding whether or not to support a bill, and extra weight is given to those contacts which include personal stories.

### **New training program focuses on membership, leadership development**

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

#### ***SHIPmates will be selected from each region; applications now open***



You're unashamed of your love for the Grange and belief that it is necessary perhaps now more than any time since its founding.

You can talk easily with people you don't know, or as your mom might say, you've "never met a stranger."

Box? What box? You are creative and committed to finding solutions that others may see as impossible.

You enjoy fellowship with other Patrons and will make your rounds to talk to as many Grange Brothers and Sisters as you can at an event.

You're unafraid to express your opinion in a civil and respectful manner.

Servant leadership is not just a concept you've heard, but something you've embraced.

You don't mind reading books that may be relevant to leadership development and membership growth.

You're a confident communicator who can jump on a Zoom meeting, visit with others by phone, respond in a timely fashion to emails and be part of the hype squad the Grange needs.

You're a workhorse, but not overcommitted to the point where you'll be unable to dedicate time and energy to a passion project.

**Does this sound like you? If so, consider applying to be part of the inaugural class of SHIPmates** – the membership and leadership development fellowship program sponsored by Potomac Grange #1.

Workshops specific to SHIPmates may include:

- Duties of Secretaries (local and State)
- Having hard conversations
- Appreciation and Respect as Retention Mechanisms
- Scouting a Community for new/reorganized Grange + Organizing Steps
- What is the Youth Fair Program
- Basics of the Bylaws

SHIPmates may also participate in some combined workshops with the Communication Fellows, especially those where National Officers or other Directors are providing context or guidance important to program participants. Fellows may present workshops for SHIPmates prior to convention or after it closes, such as “writing a press release” and “using Canva to design brochures and flyers.”

Any member of Subordinate Grange age may apply between May 15 through July 15 to be a part of the program. One member for each of the five National Grange Convention host regions will be selected to participate with an additional member from anywhere throughout the country selected to focus on non-fraternal, e-membership and “unestablished territories.” A special exception to the “one SHIPmate per region” may be made for a couple that wishes to participate together, however the region may have to provide funding for registration and meals (in the amount of approx. \$300). The program will cover the housing, registration and ticketed convention meals for SHIPmates.

Completed applications will be sent to the State Presidents and/or deputies of each of the States in the applicable region. Together, the region’s leaders will choose the SHIPmate for their region and may select a “first alternate” in case their first selected applicant cannot participate. The sixth SHIPmate focused on e-membership, associate membership and non-Grange territory will be selected by the Director and a small review board from the remaining applicants after regional representatives have been chosen.

SHIPmates will begin with remote training in September. The program will include a 9-day hands-on experience at the 157<sup>th</sup> Annual National Grange Convention in Niagara Falls, New York, from Friday, November 10 to Sunday the 19<sup>th</sup>.

During convention, Presidents and second Delegates (if applicable) from each state are asked to schedule a time to meet with the SHIPmate from their region. The sixth SHIPmate will meet with National Staff and select National Officers.

Participants will continue their work in 2024 with additional training, outreach and participation in various internal and external activities.

[Learn more about the SHIPmates and apply here](#)

## [Stay safe online](#)

Recently, a number of Grange members across the country have been reporting getting emails “from” National or State Grange Officers. They say things like “Could you help? I’m in a meeting and need something done,” or “I have a sensitive topic that requires your assistance. Please keep this confidential.”

If you look at the email address from which the email came, there’s a 99% chance it does *not* match the email you typically use for this Officer.

This is a form of a **phishing** scam – trying to get you to respond, and potentially to “help” by buying gift cards or verifying sensitive information to give them access to your email account, utilities accounts, or even your bank account.

If you **ever** have a question about whether an email you receive is legitimate, please reach out to the person the email is “from” to verify – for example, “Betsy” was “sending” emails earlier this week – but if you know her email address or cell phone number, it would be easy enough to check in with her in a new thread.

[Here are some additional tips from the Federal Trade Commission](#) on keeping yourself safe from being the victim of a scam.

## Submit your holiday programs to Good Day!

The next issue of *Good Day!* magazine is going to feature “Christmas in July” in our Perspectives feature! Did your Grange have a successful holiday program, toy/food drive, community event, volunteer opportunity, etc.? If so – no matter how big or small – please send a write-up and a few high-resolution pictures to [Philip Vonada](#) by May 31<sup>st</sup>.

We want to feature as many stories and Granges as possible, sharing ideas from each corner of the country with hopes that other Granges will get some ideas and perhaps replicate your program!

## Upcoming Events

*We encourage all members to tune into these upcoming events on Zoom! Please join at the links in the image. These events are open to all who are interested in the topics!*

### MAY

## NATIONAL GRANGE EVENTS

TAKE FULL ADVANTAGE OF  
YOUR MEMBERSHIP

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### MAY 2023

ALL TIMES  
EASTERN

15: GRANGE SECRETARY ZOOM	8:30 P.M.
Connect: <a href="https://bit.ly/grangeseecretaries">bit.ly/grangeseecretaries</a>	
National Grange Secretary Debbie Campbell will lead this Zoom session on updates for State Grange Secretaries.	
21: JUNIOR JIBBER-JABBER (ZOOM)	9:00 P.M.
Connect: <a href="https://bit.ly/jibberjabberZoom">bit.ly/jibberjabberZoom</a>	
Join National Junior Grange and Youth Development Director Samantha Wilkins for updates about the National Junior Grange department. Contact <a href="mailto:junior@nationalgrange.org">junior@nationalgrange.org</a> for more information.	
24: COMMUNICATIONS ZOOM-TORIAL (ZOOM)	8:30 P.M.
Connect: <a href="https://bit.ly/GrangeZoomtorial">bit.ly/GrangeZoomtorial</a>	
Join Communications Director Philip Vonada and some Fellows as we explore various topics in the world of marketing & communications. This month will be on creating a “roadmap” for event planning and outreach.	
Questions? Email <a href="mailto:pvonada@nationalgrange.org">pvonada@nationalgrange.org</a>	



**JUNIOR GRANGE FOCUS AREA:**  
AGRICULTURAL AWARENESS

**YOUTH FOCUS AREA:**  
ACTION

## Grange Supply Store Notice

Attention Grange Secretaries: Please remember to use the latest forms when ordering membership recognition seals and certificates! You can access them here: <https://www.nationalgrange.org/secretaries-forms/> (this is under the password-protected section of the website – contact [Stephanie](#) if you need login assistance)



## SUPPLY STORE

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

### NEW GRANGE 4TH DEGREE PIN



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.

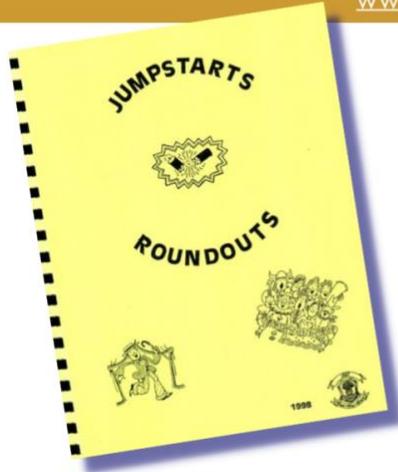
## \$10.00

PLUS SHIPPING



SUPPLY STORE

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



## JUMPSTARTS & ROUNDABOUTS

*Written & compiled by Mary Buffington,  
National Grange Lecturer 1987-1997*

This book is designed for Grange Lecturers with ideas to fill little gaps in programs and information on what to include in & how to build a successful program.

**\$3.00 plus shipping**

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: Clouse Insurance



**Clouse Insurance Agency is a family owned, independent insurance agency.**

Clouse Insurance Agency helps **State Granges** and **Grangers** from all over the USA find the coverage they need to protect their Granges. Clouse Insurance has been in business since 1978, but our service to The Grange goes back even further.

[Click here](#) to see our Grange Hall Quote Request Page.

Please call **Clouse Insurance Agency** at [844-472-6431](tel:844-472-6431) or [send us an email](#).



## 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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