



# The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

August 19, 2022

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## **Growing Hope Together**

Suicide Awareness and Prevention in Rural America

By [\*Betsy Huber\*](#), National Grange President

Rates for depression are higher in rural America than in urban areas, and suicide rates among people living in rural counties are 25 percent higher than those in major metropolitan areas. In response to this mental health emergency in rural communities across this country, the National Grange is partnering with Rural Minds to confront rural suicide with a program focused on suicide awareness and prevention.

Rural Minds ([www.RuralMinds.org](http://www.RuralMinds.org)) is a new 501c3 nonprofit addressing mental health challenges in rural America by providing information and resources through strategic partnerships that include collaboration with the National Grange. Rural Minds was founded by Jeff Winton. Growing up on his family's multi-generational dairy farm in upstate New York, Winton was aware of local residents who were struggling with mental illness in silence. But it did not hit home until his 28-year-old nephew, Brooks, died by suicide.

A recent survey commissioned by the National Grange and conducted by Morning Consult polled 1,000 rural voters and found that 85 percent of respondents “Strongly Support” or “Somewhat Support” providing educational programs and materials for rural youth and residents to access resources and services available that address rural mental health challenges.

We are very pleased to be responding to this unmet need through our partnership with Rural Minds and the launch of the Rural Suicide Awareness and Prevention program in September – National Suicide Prevention Month. Inspired by a request from a National Grange leader, we are co-presenting a FREE webinar on Tuesday, September 13, at 6:30 pm PT / 7:30 pm MT / 8:30 pm CT / 9:30 pm ET featuring:

- Presenters discussing the importance of confronting the higher risk of suicide in rural communities
- Information to help prevent suicide
- Free resources for rural mental health and suicide awareness and prevention

Speakers will include rural mental health counselor [Monica Kramer McConkey](#) and [Nathan Lawson](#), a Kentucky farmer and rural suicide prevention advocate. We encourage you to register for the FREE webinar at: <https://bit.ly/3vXgdVS>. All recorded video and audio content will be archived and available on the program webpage. Help promote the webinar by printing and posting an event flyer with all the details that can be found at:

<https://bit.ly/3pIWTEE>.

This is one piece of the Rural Suicide Awareness and Prevention educational program to be housed on an expanding webpage to empower rural Americans with information and resources. Please join your fellow Grangers to support this life saving program and be part of the solution to help prevent suicide in rural America. Pass along this email to others in rural communities across the country, make copies to give to your family, friends, and neighbors, and watch the Grange weekly newsletter for more information and updates!

## **Challenge Apathy – Start with yourself**

By [Philip Vonada](#), National Grange Communications Director

Have you ever looked around your Grange Hall and wondered “how can we do more?” or “Why aren’t people more involved?” If so, you’re not alone. Nor is this a problem that only affects Granges – every organization has to fend off apathy from time to time.

If you feel your Grange is in a lull, maybe ask yourself how you are a part of the solution instead of potentially contributing more to the problem. Everyone goes through periods about feeling less passionate about the things that once excited them, but there’s a way for you – *and other members of your Grange* – to get back on track.

Grange is a community-centered, community-focused organization. Putting that back in your own Grange Halls is important. When is the last time you made sure to let your Grange members and volunteers know they were appreciated? A simple “thank you” can go a long way, but so can an appreciation event. (Pro tip: Get it catered by a local company so nobody has to cook!) Use this opportunity to thank your volunteers and people who have made your event or your year a success.

Occasionally shifting focus onto your members is important. In her recent article in *Good Day!* magazine, National Grange Membership / Leadership Development Director Amanda Brozana Rios wrote about extending the fellowship of the Grange beyond your Hall. This is an important way to help combat apathy – not every Grange event has to involve work – make it fun, make it family-friendly, make it new and exciting. Going out as a group without volunteering or working can help bring your members together and combat some of the apathy your Grange may be feeling.

Another way to bring excitement and energy back is to ensure every opinion is being heard. From your youngest members to your oldest, your newest members to your most seasoned, every voice matters – this has been a cornerstone of the Grange since 1867, and it’s important to be remembered. It isn’t only important to listen to members during debate, but also during fellowship time – sit with a member you don’t know well and learn something about them. Involve the “silent members” in ways that make them feel valued and appreciated.

Promote positivity and it will radiate. Although it can be hard sometimes, one of the most important things to remember is that your Grange’s culture begins with the people in charge. By “acting the part” and feigning enthusiasm (even when it’s hard), you will eventually find your own enthusiasm and spark that joy in the members around you.

Finally, encourage your members to stay connected and get involved – at the Community, Pomona, State, and National Grange levels. There are ways for individual members to be a part of the process and effect change in their communities at all levels of the Grange.



Apathy and disinterest are hard to combat, but it *can* be done. Adjusting your own attitude can create a ripple effect in your Grange, which will be noticed by members and your community at large. Through fun, fellowship, and showing appreciation, you can help turn the tides and keep your Grange vibrant.

## [Register for the 156<sup>th</sup> Annual Convention – one month until the early bird deadline!](#)

By [Samantha Wilkins](#), National Grange Operations Coordinator



The Western Host region is excited to invite Grangers and friends from across the country to the Silver State! We are just a few months away from the opening of the 156th Annual National Grange Convention, to be held in Reno-Sparks, Nevada from November 15 through 19, 2022.

This year, you can expect to see some new things happening around the convention. Participants in the Nevada Grange Youth Fair Program will have activities and interactive displays showcasing their projects completed in the youth fair program. Throughout the Convention, they will be presenting their projects and talking to attendees about the

benefits of the program.

You can also expect to hear from some amazing guest speakers on topics such as mental health awareness and substance abuse. Attendees will also have the opportunity to receive certification in dispensing Narcan, a life-saving medication that can treat a narcotic overdose in an emergency situation.

You also do not want to miss out on the opportunity to get an 'experience pass.' This year instead of going off-site for a tour we are bringing a taste of the region to you. Members who register for an experience pass will have the opportunity to participate in two days full of hands-on activities from painting barn quilts, cultural dancing, mining, and much more.

Don't take too long to decide; catch the **early bird registration** and make plans to attend today by registering for the National Grange Convention at this link: [156th Annual National Grange Convention - The National Grange](#).

**Early Bird Registration** - \$32 is open until 9/9/2022 (less than one month away!)

**General Registration** - \$37 is open until 10/19/22

**Late Registration** - \$42 closes for meal options on 11/1/22

**Registration on Site** - will be available at the late registration cost, *however, you will not be able to obtain tickets to any meals*

## [Western Region Poker Chip Fundraiser](#)

With Nevada in mind, the Western Host Region is holding a "poker chip" fundraiser! With a limited number available (only 500!), you can take a chance by purchasing a chip, which will be used to draw for door prizes and other goodies during the convention. Whether or not you're able to attend the convention, you could still be a winner!

Chips include the Grange emblem and the logo for the 156<sup>th</sup> National Grange Convention. They are \$5.00 for a random draw, or \$10 for your lucky number (if it's available). Chip #1 will be auctioned off during the celebration banquet.

Support the Western Region today!



[Order your chips here](#)

## [Register for Rural Minds / National Grange webinar](#)



On September 13, join [Rural Minds](#) and the National Grange for the “Rural Suicide Awareness and Prevention” Webinar, which will include people from rural America sharing their experiences of being personally impacted by suicide; information to help prevent suicide; and free resources for rural mental health and suicide awareness & prevention.

Presenters: **Monica Kramer McConkey**, a Licensed Professional Counselor focused on increasing access to and removing the stigma attached to mental health services in rural underserved areas, and **Nathan Lawson**, a farmer and rural mental health advocate, who has participated in the national QPR (Question, Persuade, Refer) leadership curriculum. 9:30 PM Eastern / 6:30 PM Pacific

[Register Here.](#)

*Click the image to view the full flyer*



In keeping with our mission to serve as the informed voice for mental health in rural America, Rural Minds™ is pleased to be partnering with the National Grange to present the **Rural Suicide Awareness and Prevention Webinar** featuring:

- Presenters discussing the importance of confronting the higher risk of suicide in rural communities
- Information to help prevent suicide
- Free resources for rural mental health and suicide awareness and prevention

**Tuesday, September 13, 2022**  
6:30 pm PT | 7:30 pm MT | 8:30 pm CT | 9:30 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. All recorded video and audio content will be archived and available post-event on [www.RuralMinds.org](#).

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:

- Introduction by representatives of the National Grange and Rural Minds
- **Monica Kramer McConkey**, Professional Counselor – Ms. McConkey has 25 years of experience in the behavioral health field as a counselor, program supervisor and administrator. She has a Masters Degree in Counseling and is a Licensed Professional Counselor in the state of Minnesota. Her focus throughout her career has been to increase access to, and remove the stigma often attached to mental health services in rural underserved areas.
- **Nathan Lawson**, Farmer and Rural Mental Health Advocate – Mr. Lawson began farming in central Kentucky in 2005. He has served in leadership roles for the Kentucky Cattlemen's Association and Beef Council, and as part of a round-table changed with raising awareness about mental health and suicide prevention in Kentucky communities. He has participated in the national QPR (Question, Persuade, Refer) leadership curriculum.
- **Julie Lux** – Rural Minds Vice President of Communications, moderating the webinar
- Interaction from the online audience during Q&A sessions



[www.NationalGrange.org](#) | 202-628-3507  
[www.RuralMinds.org](#) | [info@RuralMinds.org](#)  
800-226-8113



## Are you a *Grange in Action*?

Apply to be recognized as a Grange in Action for being active in your community and completing events or projects

Simple application of one letter-sized page with pictures and captions of at least 3, but no more than 6 events or activities for your Grange.

<https://www.nationalgrange.org/grange-in-action/>

SUBMISSION DEADLINE:  
**SEPTEMBER 25**



Support the National Grange "Raised Right Here" T-Shirt Fundraiser



**RAISED RIGHT HERE™** A fundraiser for the National Grange

Celebrating our 2022-2023 National Grange theme

August 19 - September 15 only!

2 styles  
3 color options  
(Green, Red, Blue)  
Short Sleeve - \$15\*  
Long Sleeve - \$20\*  
*\*plus applicable taxes and shipping*



From August 19 – September 15, you can purchase a limited-edition t-shirt (available in three colors in short-sleeve or long-sleeve designs) and help support the National Grange!

[Order Here through CustomInk](#)

**MEMBERSHIP MATTERS**

**THIS MONTH ONLY:**  
**4TH TUESDAY**  
**ON ZOOM**

**AUGUST 23**  
@ 8:30PM (ET)  
[bit.ly/mm1867](https://bit.ly/mm1867)  
Meeting ID: 525 965 930  
Passcode: 981892



**Note:** This month's Membership Matters will happen this coming Tuesday, August 23<sup>rd</sup>.

[Join Here!](#)

We will see you then!



SUPPLY STORE

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

**FIRE SALE!**



## VINTAGE GRANGE HALL DEDICATION PLAQUE

*Limited number available!*

Grange Hall Dedication plaques from 1947 - made of wood with felt backing.

11.5" x 13" with space for your Grange to place a dedication engraving.

Handmade - may have some imperfections - ***sold as-is.***

**\$25.00** includes shipping

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



SUPPLY STORE

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



## GOOD DAY!™ AUGUST ISSUE

This issue features coverage of regional conferences, the Virtual Telethon, and is full of ideas and news you can use in your Grange. Introducing two new columns: "Along the Way..." about Grange-related sites, and "Life On the Homestead," which will feature lessons learned while becoming a homesteader. Plus, the recipe feature is about all things melon - summer's sweet treat!

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

**\$5.00 PER ISSUE**

*(plus shipping)*

or subscribe at [nationalgrange.org/goodday](http://nationalgrange.org/goodday)

**Grange Supply Store Note:**  
Any Grange Supply Store "rush" orders that require expedited arrival (7 days or fewer from time of order) will have a \$25.00 expedition fee added to the order, in addition to the shipping fee. This includes any seals, certificates, and membership recognition applications.

## Grange Member Benefit – Lenovo

### Lenovo Labor Day Deals are Here!



From 8/22 through 9/11/22, members receive exclusive discounts **up to 68%** on Lenovo's huge portfolio of award-winning tech, as well as top brands like Fitbit wearables, Logitech headsets, and more.

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

**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)

Shop, save, and earn with MyLenovo Rewards!

Today's technology looks different because it is different. Lenovo provides insights on the latest technology by providing you with more support, more efficiency, and more flexibility. That's where the Grange Lenovo Savings Program comes in. You'll not only receive monthly member-only deals, but gain access to the Lenovo web store, where you can shop versatile and functional tech designed to fit all of your needs.

Members receive personalized product suggestions and solutions, warranty service upgrades, and business financing. Plus, signing up for MyLenovo Rewards, allows you to earn rewards for every purchase you make.

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

SUPPLY STORE



## 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.com](http://grangestore.com) or by calling Loretta at (202) 628-3507 ext. 109.

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

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