



"Whitepine Whispers"

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

Published by Friends of Whitepine Grange

September 2024

Fall activities in full swing at Whitepine Grange!

The Joy of Movement

55+ Fitness classes

Mondays and Thursdays at 9am, starting
Thurs., Sept. 9, 2024

FREE, OPEN TO PUBLIC

(Donations to Whitepine Grange appreciated!)

One hour of light cardio to good music, plus balance exercises, strength training, coordination and stretching. Details, page 6.

"Rough & Rowdy" Drop-in Dog Classes

For people with young, under-socialized or reactive dogs who need a little informal training and professional guidance in a safe, fun, controlled atmosphere. Each group session about 90 minutes long.

\$5 per dog

Wednesdays 10:30, starting Sept. 11, 2024

Details, page 7.

"STOP THE *OUCH!*"

Body Mechanics

Group Physical Therapy Classes

Taught by Jim Bittinger, LPT

FREE and OPEN TO PUBLIC

1. Wed., Sept. 4, 6:30pm
2. Wed., Sept. 11, 6:30pm
3. Wed., Sept. 18, 6:30pm
4. Wed., Sept. 25, 6:30pm

Each class will emphasize a different component of activity to stop your aches and pains. See page 4 for more details.

INDOOR YARD SALE

Sat., Sept. 7, 2024

8am to 3pm at Whitepine Grange

Fundraiser for new outdoor picnic pavilion

Details, page 8

Fly-Casting Class

(Class is FULL but call 406-827-0102 to be put on a waiting list)

Sept. 4, 7 and 14, 2024

\$40 per person, includes equipment you can keep! Details, page 5

See page 10 and get onboard!

From the Grangemaster:

Why everyone around here should belong to the Grange:

By Jan Manning, Grangemaster
(the one on the right)

In 2021, some community-minded individuals rescued the old Whitepine Grange from falling down around itself. The vision: to refurbish the Grange and bring it back to life as a family-oriented community center and safe social gathering place for all us rural folks.

We set out to find money to support the vision. We wrote lots of grants and begged for money and help. Since then we've funded and completed about \$80,000 worth of capital improvements on the old building, including new roof, new siding, new windows, new insulation, new floor, new stairs and two new ADA compliant restrooms. We have a large screen TV, high-speed internet, and a real telephone.

We've held classes and programs on subjects like avalanche safety, first aid and CPR, sustenance gardening, gun safety, surviving in the wilderness, fire safety, a Vietnam POW, ham radio, dog training, physical therapy, senior fitness, tumbling for kids, near death experiences, hiking the Pacific Crest Trail, and many more!

We've held craft fairs, honey bazaars, stash sales, yard sales, quilting retreats, and even Bunco.

Most of our classes and events are offered FREE and are OPEN TO THE PUBLIC

We've increased our membership roles from six old-timers to about 75 (and yes, most of us are old-timers too, but fairly new to the Grange). We need more young people and young families so the Grange can continue blessing the community when we old-timers are gone.

We spread our goodwill throughout the community. We adopt a needy family each Christmas, we send CARE packages to troops, we donate to the local food bank, clean up highway litter, supply grade school kids with dictionaries every year, grant scholarships for local high school seniors, and always look for other ways to serve the community.

On Sept. 5 we'll be presenting \$5,000 to the Trout Creek School Archery Program.

Yes, we do good stuff for the western Sanders County neighborhood. It's what the Grange does best, while building family and community unity and strength within an organization that is 163 years old.

If you haven't already joined Whitepine Grange, see the application on page 10. Fill it out, send it in with your dues, and you're in. Dues are \$35/year for individuals and \$70 for a family. Membership numbers are crucial to us, because they help us qualify for grants—like the \$5,000 we'll be donating to Trout Creek School archery, and the \$80,000 we've earned in grants to pay for our re-born Grange Hall.

You need Whitepine Grange in your life, and the Grange needs you! Join today!



The Grange:

“Strengthening individuals, families and communities through service, education, nonpartisan grassroots advocacy and agricultural awareness.”

WHITEPINE GRANGE (406) 827-0102

September Calendar

Mon., Sept. 2 Women's Fitness, 8:30am
 Wed., Sept. 4 Body Mechanics Class, 6:30pm
 Thurs., Sept. 5 Women's Fitness, 8:30am
 Thurs., Sept. 5 Fly-Casting Class 6:30pm
 Fri., Sept. 6 Prep for Yard Sale, all day
 Sat., Sept. 7 Fly-Casting Class, Trout Creek Park, 10am
 Sat., Sept. 7 Indoor Yard Sale, 8am to 3pm
 Mon., Sept. 9 Joy of Movement, 9am
 Wed., Sept. 11 Rough & Rowdy Dog Class 10:30am
 Wed., Sept. 11 Rally Obedience
 Wed., Sept. 11 Body Mechanics Class, 6:30pm
 Thurs., Sept. 12 Joy of Movement, 9am
 Sat., Sept. 14 Fly-Casting, Trout Creek Park, 10am
 Mon., Sept. 16 Joy of Movement, 9am
 Wed., Sept. 18 Rough & Rowdy Dog Class, 10:30
 Wed., Sept. 18 Rally Obedience
 Wed., Sept. 18 Body Mechanics, 6:30pm
 Thurs., Sept. 19 Joy of Movement, 9am

Thurs., Sept. 19 Joy of Movement, 9am
 Mon., Sept. 23 Joy of Movement, 9am
 Tues., Sept. 24 Grange potluck
 Wed., Sept. 25 Rough & Rowdy Dog Class, 10:30am
 Wed., Sept. 25 Rally Obedience
 Wed., Sept. 25 Body Mechanics, 6:30pm
 Thurs., Sept. 26 Joy of Movement, 9am
 Mon., Sept. 30 Joy of Movement, 9am

The Grange building is available to rent for your group's meetings, retreats and parties. Call 406-827-0102 to reserve your time for upcoming fall and holiday events.

Whitepine Grange #102 Officers 2024

President: Jan Manning
Vice-President: Carolyn Nesbitt
Secretary: Patty English
Treasurer: Dona Pope

Executive Committee:
 Gene Pope, Debbie Mason, Tricia Cottrell

For rural seniors planning surgeries...

Whitepine Grange has great informational handouts on how seniors in this area can prepare for upcoming surgeries. The handouts answer a lot of questions you may have (or haven't even thought about) and help you plan for transportation, home aftercare, and key things you need to discuss ahead of time with your family members, friends and neighbors.

If you have a group who'd like a presentation on this subject of "Rural Seniors Preparing for Surgeries," contact Whitepine Grange, 406-827-0102, and we will be happy to oblige.

We have printed materials and a video link to share with anyone needing more information.

Right: Judy Joseph reviews the Rural Surgical Seniors handouts at Whitepine Grange with Shirley Proctor, Western Montana Area VI Agency on Aging, and Tom and Debbie Mason, Whitepine Grange members.



Stop saying



Learn how to *FIX* your aches and pains, gain back your movement, and return to the activities you love. Come to the **BODY MECHANICS** classes taught by local Licensed Physical Therapist Jim Bittinger. Four classes will be held on the following dates:

1. Wed., Sept. 4, 6:30pm at Whitepine Grange

Subject: Posture - a dynamic factor in all movements. Get it better and feel the improvement.

2. Wed., Sept. 11, 6:30pm at Whitepine Grange

Subject: Low back, hips, legs, ankles/feet. Improve your basement.

3. Wed., Sept. 18, 6:30pm at Whitepine Grange

Subject: Neck, shoulders, arms, breathing - looking at your second floor and attic.

4. Wed., Sept. 25, 6:30pm at Whitepine Grange

Subject: Balance -- what to do with the other 15-16 hours you aren't exercising or sleeping -- gravity is the challenge to adjusting established habits.

Come with 1-2 functional goals in mind—things you can't do now— that you'd like to achieve in 3 months. If you're willing to put in the work it can happen!

These classes are FREE!!! Come and have fun learning how to feel good again without drugs, surgeries or hocus focus!

Brought to you as a public service of Jim Bittinger, LPT, and Whitepine Grange. Classes are free, but donations to Whitepine Grange are welcomed! Call 406-827-0102 for more info, or email whitepinegrange@gmail.com.

Whitepine Grange, corner of Hwy 200 & Faro Lane, near MM 38, between Thompson Falls & Trout Creek.

Grange receives grants for three community programs!

Thanks to Pfizer Corporation and the National Grange.....

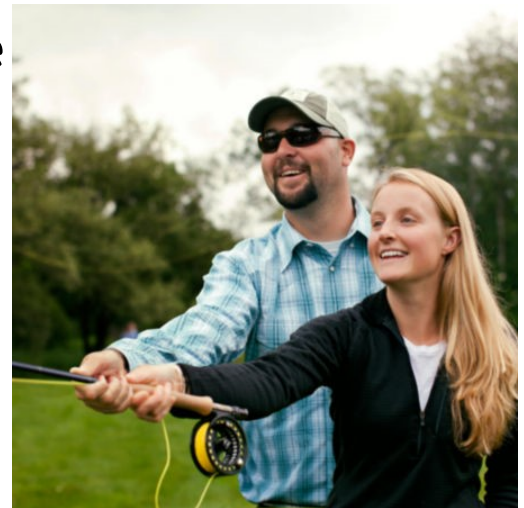
- The Trout Creek School Archery Program is receiving \$5,000 for equipment.
- Fifteen lucky folks will be learning fly-casting in a Grange-sponsored class that includes equipment for each participant to keep.
- Senior citizens from throughout our rural area will have access to free body mechanics and exercise classes at the Grange.

Back in August, Whitepine Grange was given the opportunity to apply for grants through the "Rural Life Initiative." Rural Life Initiative (RLI) is a program developed by the Grange in partnership with Pfizer to enhance the well-being of rural America. This year, the Grange celebrates 158 years of supporting rural and small-town communities, uplifting our neighbors, and establishing programs and services to sustain rural culture and lifestyle. This year also marks the 175th anniversary of one of the oldest healthcare companies in America – Pfizer. With its roots originally planted in rural America, the company has for many years worked alongside the Grange to support our efforts to improve access to quality health care for rural Americans.

We at Whitepine Grange were speechless when we heard that the RLI program would fund ALL THREE of our proposed programs.!

All our Grange members can take pride in this "nod of approval" from National Grange and Pfizer, and the opportunities they've given us to further enrich our rural community,

The Grange is sponsoring a fly-casting class for the community, thanks to Pfizer's RLI grant. The class is this month. The RLI grant will also fund a FLY-TYING class at the Grange this winter! Stay tuned!



A PROGRAM OF THE
NATIONAL GRANGE

Made possible through
support from



Lori Wigen, Karen Hanson and Barb Gaustad enjoy Grange exercise classes sponsored in part by Pfizer's RLI grant.



Trout Creek School Eagles Archery Program will receive \$5,000 from the RLI fund, through the Grange and Pfizer Corporation.

The Joy of Movement awaits you!!



Therapeutic movement classes at Whitepine Grange will have you feeling years younger, more energized, and socially fulfilled. Movement heals mind, body and spirit. Do yourself a huge favor and treat yourself to our FREE exercise classes!



"Joy of Movement"

Mondays and Thursdays, 9-10am
at Whitepine Grange

(starting Sept. 5)

Come on, grab some sneakers and a water bottle, and get out of the house. Joy awaits you at Whitepine Grange!

These are classes where you'll move a lot of muscles and joints, but you'll do it at your pace, with guidance from your 71-year-old instructor (me, Jan Manning) who has had four hip replacements, one shoulder replacement, Achilles tendon surgery, a broken arm and numerous other medical adventures. Exercise and movement has healed me and keeps me going in an active lifestyle. I want you to experience movement again too, and let it heal your aches and pains. It's SO much better than pills or just giving up!



Our Grange **Joy of Movement** classes combine balance exercises, weight training, mental acuity games, and light cardio from walking, dancing, stepping, bouncing on mini-trampolines, and even playing catch with big, soft balls. It's more a "playout" than a "workout." The music is great, too, and makes everything even more fun.

Occasionally we will have a guest speaker or instructor. It will always be good!

Classes start up again on Thursday, Sept. 5, and will then meet every Monday and Thursday from 9 to 10am. Classes are officially FREE, but a lot of people choose to leave a \$5 donation each time they come. This helps us pay the utility bills so we can keep it warm for you this winter too. #



Jan Manning, age-appropriate instructor

Wednesdays: Your Dog's Day Out at the Grange

Kids are going back to school, and so are the dogs! **Starting Sept. 11**, dogs in need of socialization, informal training and mental stimulation can come to "Rough & Rowdy" class every Wednesday at Whitepine Grange.

"Rough & Rowdy" is a drop-in class for dogs and their owners. Each Wednesday class runs from 10:30 to 11:45am. Owners attend with their leashed dogs. Activities may include manners exercises, impulse control, games with toys, fun with agility equipment, and maybe even a short pack walk when the weather is cooperative.

Any non-aggressive dog at least 4 months old may attend these drop-in classes. Owners who have control problems (a dog who pulls, a dog who jumps, a dog who barks, etc.) get the professional guidance they need on how to gain back their dog's attention, respect and cooperation. We talk about—and try out—special leashes, harnesses, halters, collars and other devices that help owners and dogs more safely and comfortably enjoy walks.



Dogs in our rural area desperately need opportunities for safe socialization with other dogs and people.

These weekly sessions for unruly dogs, whether happy or fearful, can work miracles. It's not a formal training class, but it will whet your appetite for the possibilities of following up in a structured obedience class. And it's a great refresher class for those dogs who have already attended a training class. Best of all, it's FUN for your dog! Wednesday mornings will quickly become your dog's most exciting highlight of the week.

The fee for this class is \$5 per dog, per week. Yes, it's a bargain! But mostly it's a public service that Whitepine Grange is happy to offer the community, which includes all of our beloved canines.

If you want to participate, simply show up on Sept. 11 at 10:30 with your dog on any kind of leash and collar that gives you control. If you need help getting your dog out of the car or into the building, we'll help. Safety is our first concern.

Jan Manning guides the class. She's had 30+ years of professional dog training experience and has "seen it all." But in addition to Jan, you'll meet other supportive regulars who can help and encourage you and your dog.

Questions? Concerns? Call the Grange at 406-827-0102.



TWO "Yard Sales" in One Place: Sat., Sept. 7, 8am to 3pm, Whitepine Grange



Indoors, rain or shine,
at Whitepine Grange
8am to 3pm on Sept. 7

*Almost Everything is
FREE!!*

(But we appreciate reasonable donations for the good cause of supporting our wonderful Grange).

- Household items
- Oil lamp
- Décor items
- Exercise equipment
- Craftsman drill set
- Eureka carpet cleaner
- Microwave oven
- Storage containers
- Luncheon glassware dishes
- Wood chip vac
- Framed wildlife prints
- Large soft dog crate
- Small dog crate
- AND MUCH MORE!!!



For those who just want to help support the Grange! No junk to haul!

No reason to get up early and leave the house! Simply make a donation instead! You had good intentions of donating "stuff" to your Grange's yard sale, but you never got a



© www.frog.co.nz

So...here's a way to appease your conscience:

1. Grab an envelope.
2. Write a check for \$10, payable to Whitepine Grange.
3. Place in envelope addressed to:
Whitepine Grange Yard Sale
PO Box 1313
Trout Creek, MT 59874
4. Stick a stamp on envelope and drop in mailbox.

If all 75 of our members did this, we'd raise \$750 toward construction of our new outdoor picnic pavilion.

Chores for our Grange family

As a Grange member, you're part of the family, and there are CHORES that need doing. Can you help with any of these chores? If so, let the "chore coordinator" know. 406-827-0102.

Birthday and Cheer Coordinator (someone who will send out cards, supplied by Grange) each month to those needing them. One hour a month.

Santa Pancake Breakfast Coordinator (we'd like to hold a breakfast/ Santa photo session on Sat., Nov. 30. Can you handle this project?

Dump runner (someone who will take the Whitepine Grange trash to the Trout Creek dump once a month.) Takes about one hour a month.

Window washer. Our five beautiful windows are now over a year old and in need of washing. Not a huge job....they're just 34"x34"....but clean windows make huge difference! Ladder is at the Grange. (3-hour job).

"A social group of human beings in coordinated working harmony stands for a force far greater than the simple sum of its parts."



We've got shades!!! →

Three years our old Grange building had never had windows. The windows arrived in 2022 (with new siding, new floor, new insulation, new HVAC system, new bathrooms, new stairs, new porch, ETC...)

And now, at long last, the window shades are up on all five windows. Thank you, Nancy Fields and Linda Yeargin, for helping to fund the shades. And thanks to Don Manning, volunteer extraordinaire, for putting them up.

We love our volunteering members!!



Join Whitepine Grange today!

For yourself, your family, your rural neighbors & community!

MEMBERSHIP TYPES - Check Box

Individual Membership: \$35/year Family Membership: \$70/year

Name: _____
Mailing Address _____
City _____ State _____ Zip _____
Date of Birth ____/____/____ Phone _____

Email (please print clearly) _____

What are your hobbies? (so we can plan programs of interest to you and maybe utilize your expertise) _____

Signature _____ Date _____

For Family Memberships:

Spouse/Partner's Name _____
Mailing Address _____
City _____ State _____ Zip _____
Date of Birth ____/____/____ Phone _____
Email (please print clearly) _____
Children:

Date of Birth ____/____/____

Date of Birth ____/____/____

Date of Birth ____/____/____

Date of Birth ____/____/____

Seven winning reasons to join Whitepine Grange:

- Build a support network with your rural neighbors.
- Great monthly programs on topics of local interest.
- Family friendly activities like potlucks, parties, dances and Bingo.
- Community service projects like highway cleanup, the dictionary program, Family & Friends shut-in outreach, and military care packages.
- Exercise classes for all ages.
- A gathering place for neighbors.
- Your membership dollars help pay for upgrades and maintenance for this historic building. Whitepine Grange was chartered in 1938. The building was constructed in 1961. In 2023 the Grange is still going strong! Join Whitepine Grange #102 and become part of its long, wonderful story!



Please make checks to "Whitepine Grange #102"
Return this form, with payment, to any Whitepine Grange officer, or mail to:

Whitepine Grange #102
PO Box 1313
Trout Creek, MT 59874