



"Whitepine Whispers"

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

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April 2024

Balance: How's yours???

Find out **WHY** you need it and **HOW** to get it back!

Tues., April 2, 6:30pm

Don't miss physical therapist Jim Bittinger's fourth and final free PT class on Tues., April 2, 6:30pm at Whitepine Grange!

Jim's previous three PT classes, done especially for us at the Grange, have focused on hip, knee and back issues, posture, and neck and shoulder problems. All of his classes are free and open to the public.



At each class, Jim has shown amazingly simple techniques to alleviate pain and improve overall health and vitality without pills and without special exercise equipment.

Jim, who recently joined Whitepine Grange, has been a physical therapist for about 50 years and he loves his profession. "It's so easy and fun to show people how to feel and move better," he says. At each of these classes, Jim has shown audience members little tricks that can greatly reduce their physical discomfort and improve their quality of life.

According to Jim Bittinger, many joint replacement surgeries could be avoided if people would just adhere to a good physical therapy program. Ironically, he meets many of his clients after they've already had those surgeries.

The April 2 program starts at 6:30 and winds up about 8pm. It's free to the public and open to all. You'll get hands-on help and your questions will be answered.

Whitepine Grange would like to thank Jim Bittinger for generously sharing his time and knowledge with us for this series of valuable classes. If you'd like a professional consultation with Jim in your home, he can be reached at 406- 580-1280.



Jim Bittinger,
Physical Therapist

In this issue:

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- *Have a BALL at new fitness class
- *Herbal Medicine class in June
- *Survival fire-starting class a big hit
- *POW presentation was spellbinding
- *Highway Cleanup this month
- *Thompson Falls Grange merges with Whitepine Grange

We can check this off the list!

From the Grangemaster:

Another project completed!

The Grange's biggest remodeling project thus far has finally been completed. We now have two new restrooms on the main floor, with one of them being ADA compliant.

What used to be a dusty old coat/storage close just inside the front door is now a gleaming new restroom that meets the requirements for accessibility by patrons with disabilities.

The next door down from this is a unisex restroom with new floor, new sink, vents, lights, and wall coverings.

Up until 1982, the Grange didn't even have running water. When the well finally went in, one functional restroom was built on the main floor, and another in the basement which is fairly inaccessible to most aging populations. With the vast increase in activities at our "born again" Grange, it was clear we needed better main-floor restroom facilities.

Cottrell Construction did the work and completed the job on time and on budget. Thank you, Mason, Joey and Tricia for your quality workmanship and attention to detail.

This was a very expensive project—\$30,000. Money came from various grants and generous private donors. We would especially like to thank Avista Corporation, Washington Foundation, AgWest Farm Credit Services, the Steel-Reese Foundation, Headwaters Foundation, Monte Nesbitt, and Gene and Dona Pope for their substantial contributions.

With this sizeable project now behind us, we are immediately plunging into another. The existing basement steps, which are very steep, will soon be demolished and replaced with more user-friendly risers and treads that will make it much easier for us to utilize the Grange's full basement and expand our storage space. The old basement door will also be replaced. During construction, any access to the basement will have to be through the back door, but this will only be temporary.

The stair project will also be costly...after all, prices do NOT seem to be coming down on anything these days...and we will again seek out grant money to pay for the majority of the job. Your personal donations will still make a huge difference, however. If you'd like to donate, please send a check to "Friends of Whitepine Grange," PO Box 1313, Trout Creek, MT 59874. If your check is made out to "Friends of Whitepine Grange," you will receive a tax deductible receipt.

Special thanks, also, to Nancy Fields, Linda Yeargin, and Sharon Thompson for funding the new window shades that will be installed later this spring. Kindly remember these ladies when you're sitting in the main room at 7pm on a summer night and the setting sun is NOT blinding you!



Jan Manning, Grangemaster

The Grange:

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

WHITEPINE GRANGE (406) 827-0102

New “On the Ball” fitness class starts April 23

Want better balance and stability? Greater core strength to protect you from injuries? Join the new “On the Ball” class starting Tuesday, April 23, 10am at Whitepine Grange.

This class, led by Jan Manning, will meet Tuesday mornings for six weeks. Each class will last about 50 minutes. We have all the equipment you will need, so just bring sneakers and a water bottle and dress comfortably.

Be aware: this is a fairly intensive class, and you’ll probably have some sore muscles the first couple weeks. But it’s also a class you can do at your own pace, and we’ll take it very easy to insure everyone has a good time and safely gets results.

Class size is limited to SIX students, and the fee is \$50. Sign up today by contacting Jan, or call 406-827-0102 to reserve your spot!



Whitepine Grange April Schedule

Dates and activities are subject to change.

Mon., April 1	Fitness Class 9am & 10:30am
Tues., April 2	PT Talk on “Balance,” 6:30pm
Wed., April 3	Ruff’n’Rowdy, 10:30am
Wed., April 3	Rally, 1pm
Thurs., April 4	Fitness Class 9am & 10:30am
Fri., April 5	Men’s Gym Class, 4pm
April 8-12	Grange closed for sewing retreat
Mon., April 15:	Fitness Class 9:30am
Wed., April 17:	Ruff’n’Rowdy, 10:30am
Fri., April 19:	Men’s Gym Class, 4pm
Sat., April 20:	Highway Cleanup 11am
Mon., April 22:	Fitness Class 9:30am
Tues., April 23:	On the Ball class, 10am
Tues., April 23:	Grange Monthly Meeting w/ martial arts demo
Wed., April 24:	Ruff’n’Rowdy, 10:30am
Wed., April 24:	Rally, 1pm
Mon., April 29:	Fitness Class 9:30am

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

Olive Branch Herbal Medicine is coming to town!

June 14 & 15, 2024

White Pine Grange, 9 Faro Lane
Trout Creek, MT

Olivia is from the farthest reaches of N. Idaho and travels to teach. Last year she taught her 2-day class every weekend for 7 months in many Northern Western and Southern Western states. She is limiting her time this year but has agreed to travel to our town to teach as many as want to learn how to become herbally self-sufficient within our own area.



This is a rare opportunity to attend this 2-day class. She caters the class around the plants in our area and teaches so we have a better understanding of what is available and how to use them. She also teaches how to understand which plants you need for what ails you and the most potent of those plants. First day is a classroom setting where you can be prepared to have your minds blown! Second day is a field trip where she will have already scouted out for 2 days before class time. We will learn to identify and gather various medicinal plants available in our area. You will touch, taste, smell and become acquainted with the various plants. Returning to the classroom, you will get hands on experience making tinctures & cough syrup. We will get to make Olivia's famous Olive Tea (which is consumed around the world) and drink heartily.

The link below will answer many of your questions. Register here:

<https://forms.gle/djCdijk6dHVpmT1BA>

Olivia also does private property walk-throughs (while she's in our area).

Contact her for further information and available dates.

Gym for Gents

A men's fitness class at
Whitepine Grange
Every Friday 4-5pm

Instructor:

Francois Comunetti

Author, Judo Sensei, Fitness Expert



This class is for any men who want to maintain
their fitness level or get back into shape.

Seniors welcome and encouraged.

No charge, but donations to Whitepine Grange accepted

For more info, call Francois: (406) 827-4397

*Whitepine Grange is on the corner of Hwy 200 & Faro Lane, near
MM38, between Thompson Falls & Trout Creek*

Fire-building class teaches survival skills

Building a survival fire takes more than combustion, fuel and oxygen. It also takes a heavy dose of patience and preparation before the fire is even ready to be lit.

That was the primary message of the “How to Survive a Cold Night in the Mountains” class taught at Whitepine Grange recently by Dusty Rosenthal, a master outdoorsman from Yakima, Wash. Rosenthal had been asked to present a three-hour class that would cover the basics of how to avoid hypothermia when hikers, shed hunters and mountain adventurers find themselves stuck or lost in the woods and facing a cold night prior to rescue.



Dusty Rosenthal demonstrates how a UCO match will stay lit in water.

Rosenthal had eight participants in his class, with people coming from as far as Bonners Ferry and Perma. The class began indoors as he explained how hypothermia could be life-threatening but also easily avoided if outdoor enthusiasts brought some basic equipment along with them.



Mackenzie Harrison, Plains, proudly tends her fire.

“Be prepared with the ‘Five C’s’ of cold weather survival,” he said. “Combustion, cover, cutting tools, container, and cordage.” While combustion—starting fires—was on everyone’s mind, he first explained the other C’s. For cover, nothing beat a simple windproof raincoat. For cutting tools, he suggested a small saw and a good knife. A steel cup makes a perfect container, he said, for melting snow and boiling water. Cordage, like para cord or fiber wire can be used for building a shelter. Rosenthal added one more “C” from his personal list: calories. The calories in a simple energy bar can do wonders to warm a body that is otherwise fatigued and cold.

The main attraction of his class was the fire-building segment, which began with each student assembling a fire-starting kit from materials he provided: waxed cotton balls, Bic lighters, fatwood, and Ferro stick with striker, all of which fit in a quart-size zip-lock bag. Before

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moving outdoors, the students practiced making sparks with their Ferro sticks. Rosenthal explained that there were easier ways to start survival fires (like Bic lighters and waterproof matches) but the Ferro stick was always a good backup if another ignition source failed to work.

The class moved outdoors where they were directed to find sufficient tinder in the forest to start a fire. This was the task requiring patience, time and work, especially since conditions were wet and chilly. “Moisture is the biggest enemy of fire,” he warned, while showing them how to find and test the most appropriate tinder. “If it’s on the ground, don’t even pick it up because it will be too wet. Look for tiny little branches at the base of fir trees and in close to the trunk.”

Rosenthal instructed the class on how to build a “stack” fire by first laying a foundation of wood branches to keep the burning materials off the cold, damp ground. The students then placed their waxed cotton balls atop the foundation, ignited them with Bic lighters, and immediately placed thick bundles of tinder over the flaming cotton balls. This produced an intense, torch-like flame. Next, slightly larger twigs were added by bundles—not one stick at a time—and eventually the bigger branches were added to sustain a substantial fire long enough to allow the fire-starters to walk away and find more wood. Sustaining a fire for seven or eight hours, he said, takes a tremendous amount of effort. The key is to get a good, hot fire going as soon as possible and then keep it going.

Mackenzie Harrison, Plains, was one of the participants. As an enthusiastic hiker and camper, she remarked, “This class was great in filling my knowledge gaps about building a fire and preventing hypothermia while outdoors. I now feel confident that I could build a fire even in bad weather if I needed to.”

“This class drives home the need for self-sufficiency,” said Bob Rains of Bonners, Ferry, Idaho. “Knowing how to build a survival fire out of minimal materials is a basic skill that could help any one of us survive another day.”

Rosenthal, a Yakima resident for more than 60 years, has spent countless nights in the Cascade Mountains of Washington, where he enjoys hunting, hiking, and exploring. “I always pack minimally and yet I can be quite comfortable for several days, knowing how to utilize what I have with me.”



Rosenthal shows Lori Wigen, Trout Creek, how to use a Ferro stick to start to ignite tinder.



Ruth Boyer (Whitepine) and her sons James and J.J. watch as Rosenthal feathers a twig for tinder.

Not a dry eye in the room

Former POW packs the house with his Viet Nam remembrances

You could have heard a pin drop when former prisoner of war Rod Knutson recounted the takeoff of the plane that brought him and 590 other POWs back to the world after spending as much as eight years in a North Viet Nam prison camp known as the "Hanoi Hilton." The flight to freedom happened in February 1973, seven and a half months after his F4 jet had been shot down, leading to the capture of him and his pilot, on Oct. 17, 1965. He was released on Feb. 12, 1973, as part of Operation Homecoming.

Every detail of that flight, from the moment the C141 Starlifter pushed back from the gate to the moment the wheels



came up, is etched in his mind.

By that point in his presentation, you could have heard a pin drop in the Grange hall. He had already recounted his capture and the 2,675 agonizing days of torture, starvation and boredom he had endured in the prison camp. When Knutson, now 85, recalled the freedom flight touching down at Clark Air Force Base in the Philippines, you could hear sniffles from the audience of nearly 70 people.

"The edge of the runway was lined with little children, holding and waving small American flags," he said, showing his own emotion at the powerful memory. "It was the first time in more than seven years that any of us had seen a child."

Knutson's tale was one that will never be forgotten by those who heard it that night. Whitepine Grange was honored to host this true patriot and war hero who never betrayed his country, the United States, even during countless interrogations and beatings that nearly killed him.

No doubt the story was difficult for some in the audience to hear, particularly to veterans who served during that painful era of American history. For others, it was eye-opening and richly educational. A group of teenage girls, accompanied by their history teacher, sat spellbound during the presentation. Later they would discuss the Viet Nam era in school with their teacher, a military veteran intent on teaching them true history instead of the watered down and revised versions so prevalent in today's history books.

"They need to know the truth," he said.



Highway cleanup scheduled for April 20

Grab your gloves, rubber boots and grabbers! It's time for the annual highway cleanup on Hwy 200.

Whitepine Grange's day to pick up roadside litter will be Sat., April 20, beginning at 11am. Our "adopted" miles are between MM48 and MM50. Our part is bisected by the Thompson Falls bridge just west of the town.

We need volunteers! Last year we had more than 15 volunteers, and the cleanup only took less than two hours. Let's break a new record this year...let's see if we can complete the two-mile litter pickup in 90 minutes! To do that, we need lots of bodies.

We have a contest each year to see who can find the most unusual item during the cleanup. Previous winners have found stuffed Easter bunny heads and \$20 bills. What will YOU find??

Garbage bags and visibility vests will be provided. All you need to do is show up and park at Beagle's Bakery on Sat., April 22, 11am. We will disburse from there, with half going west on the highway and half crossing the bridge and working east to Solid Rock Estates. Contact Jan at whitepinegrange@gmail.com if you plan to participate!



RENT THE GRANGE FOR YOUR EVENT

Great for kids' parties, classes, meetings, dinners, sew days, etc.

Whitepine Grange has a full kitchen, WiFi and large-screen TV all included in the rental fee of \$50. Contact whitepinegrange@gmail.com

Or call the Grange, 406-827-0102.



Thompson Falls Grange consolidates with Whitepine

In January 2024, Thompson Falls Grange closed its virtual doors after many decades of service to Sanders County. The passing of Don Burrell, who had led the Thompson Grange for many years, led to the closing when the membership was unable to find anyone to take over the leadership role.

With the guidance of Montana State Grange, Thompson Falls and Whitepine reached a consolidation agreement that would allow Whitepine to absorb Thompson Falls' remaining membership and assets. As a result, Whitepine Grange welcomes the following "new" members into its roster: Lyman and Tammy Dean, Bill Beck, Donna and Roger Butler, Jim and Irene Borden, and Travis Cork. We wholeheartedly welcome these former Thompson Grange members and look forward to their involvement in Whitepine Grange activities.

Along with new members, Whitepine Grange also took custody of the Thompson Falls Grange scholarship and dictionary fund. This money is set aside exclusively for the purchases of dictionaries for third-graders in Thompson Falls, Trout Creek and Heron. The "inherited" money will also fund scholarships for high school seniors in Sanders County, beginning in 2025.

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