



"Whitepine Whispers"

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

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February 2024

Grange donates dictionaries to local school kids

Donating youth dictionaries to local school kids has been a Grange tradition for decades, and Whitepine Grange made it happen again last month.

Third-graders in Trout Creek and Noxon, plus students at Trout Creek Adventist School, all received their very own dictionaries, compliments of the Grange.

Patty English, Grange secretary, and Carolyn Nesbitt, Grange vice-president, had the pleasure of visiting the classrooms and personally presenting the books.



Dictionaries from Whitepine Grange brought lots of smiles to the local school kids last month. Presenting the books were Grange members Patty English (red jacket) and Carolyn Nesbitt (green jacket).

Inside this issue:

- Survival fire-building class coming
- Update your CPR/1st Aid Skills
- Service Dogs vs. FAKES
- Phys. Therapist to visit
- Exercise classes added

\$1,000 scholarship deadline approaching!

Graduating high school seniors in Sanders County are eligible for \$1,000 scholarships to colleges and trade schools this year. Candidates must be Grange members, have at least a 2.5 GPA, complete the application packet properly and thoroughly, and submit it NLT Feb. 25, 2024.

For a complete packet, email Jan Manning at whitepinegrange@gmail.com.

More info about these scholarships on page 2!

WHO WANT \$1,000 FOR SCHOOL?

From the Grangemaster:

\$2,000 is up for grabs!

Every year the Montana State Grange gives out scholarships to qualifying high school seniors in the state. We have TWO separate \$1,000 scholarships to give out this year, and you wouldn't believe how hard it is to get kids interested in applying. We need your help!

Do you know a Montana high school senior with at least a 2.5 GPA? Would that young person like to get \$1,000 for tuition to a trade school or college? It's practically his or hers for the asking.

Yes, there are a couple strings attached. Besides needing a 2.5 GPA, applicants must be GRANGE MEMBERS. Why? Because the Grange is interested in perpetuating its community service for at least another 160 years, and the best way to do that is to get young people INVOLVED IN THE GRANGE AND ITS COMMUNITY SERVICE PROGRAMS.

An individual Grange membership is just \$35. A family membership is \$70. For that price, the young people get far more than just a chance to a \$1,000 scholarship. They get the exposure and experience in service to their neighbors and community. They get access to some very educational programs and presentations. The Grange instills the principles of leadership, democracy, responsibility, and patriotism, in a totally non-partisan way. These are principles that every young person in this country should be learning. We are fortunate to have good public and private schools here, but we also need to expose them to community service organizations that will perpetuate the learning. Whether it's the Grange, the Elks, Knights of Columbus, Masons or some other organization, we need to get them involved NOW, not when they're 65 years old. We need youth in our service organizations. Remember...today's young people will soon be parents obligated with teaching values to their own children. Let's give them a head start by teaching them first.

The deadline for the Grange scholarship applications is Feb. 25. The applications need to be POSTMARKED by that date to be eligible. The packet needs to be completed according to directions. The kids need to start on these now, as it may take a while for them to assemble the letters of reference, school records, etc. **STEP ONE is to get them to join the Grange.** Member application can be found on page __ of this newsletter. Get them to fill it out and send a check for \$35 for a one-year membership. **Next, they need to fill out the application packet** (available by contacting me at whitepinegrange@gmail.com) or hopefully from their school guidance counselors. Then they need to **SEND IT IN.**

Last year I was on the state committee that chose the recipients of these Grange scholarships. It was disheartening to see so few applicants. Some had submitted them too late and were disqualified. Some failed to complete the applications correctly (*Note: it wasn't rocket science.*) In 2023 we did manage to find four recipients who qualified for the four \$500 scholarships we offered that year. We decided maybe it wasn't enough money, so we upped it to **TWO \$1,000 scholarships this year.** I would love for one of those two scholarships to go to a kid from Sanders County. Whether they want to go to farrier school, beauty school, electrician school, welding school, or a four-year college, we can help them. **WILL YOU HELP US** by informing the high school seniors YOU know? Give them a little push that could change their lives. #



Jan Manning, Grangemaster

**Applicants
Wanted!**

High School Seniors:

Want \$1,000 for trade school or college next year! Get it from the Grange. Contact Jan at whitepinegrange@gmail.com

Applications due by Feb. 25!

Whitepine Grange February Schedule

Dates and activities are subject to change.

Thurs., Feb. 1	Functional Fitness 10am
Sun., Feb. 4	Beginning Agility, Wk 3, 2pm
Sun., Feb. 4	Intermediate Agility 3:15pm
Mon., Feb. 5	Functional Fitness 10am
Mon., Feb. 5	First Aid/CPR 6pm
Tues., Feb. 6	First Aid/CPR 6pm
Tues., Feb. 6	Doggy Boot Camp, Wk 1, 10:30am
Wed., Feb. 7	Competition Obedience 10:30am
Wed., Feb. 7	Rally Obedience, 1pm
Thurs., Feb. 8	Functional Fitness 10am
Sat., Feb. 10	Stash Sale 9 to 3pm
Sun., Feb. 11	Beginning Agility, Wk 4, 2pm
Sun., Feb. 11	Intermediate Agility 3:15pm
Mon., Feb. 12	Functional Fitness 10am
Tues., Feb. 13	Doggy Boot Camp, Wk 2, 10:30am
Tues., Feb. 13	Dance practice 6pm
Wed., Feb. 14	Competition Obedience 10:30am
Wed., Feb. 14	Rally Obedience 1pm
Thurs., Feb. 15	Functional Fitness 10am
Sun., Feb. 18	Beginning Agility, Wk 5, 2pm
Sun., Feb. 18	Intermediate Agility 3:15pm
Mon., Feb. 19	Functional Fitness 10am
Tues., Feb. 20	Doggy Boot Camp, Wk 3, 10:30am
Tues., Feb. 20	Dance practice 6pm
Wed., Feb. 21	Competition Obedience 10:30am
Wed., Feb. 21	Rally Obedience 1pm
Thurs., Feb. 22	Functional Fitness 10am
Sat., Feb. 24	Tack Swap, 9 to 3pm
Sun., Feb. 25	Beginning Agility, Wk 6, 2pm
Sun., Feb. 25	Intermediate Agility 3:15pm
Mon., Feb. 26	Functional Fitness 10am
Tues., Feb. 27	Doggy Boot Camp, Wk 4, 10:30am
Tues., Feb. 27	Grange meeting: Phys. Therapy talk, 6:30pm
Wed., Feb. 28	Competition Obedience 10:30am
Wed., Feb. 28	Rally Obedience 1pm
Thurs., Feb. 29	Functional Fitness 10am

UPCOMING GRANGE EVENTS IN 2024

Two-night First Aid Certification Class
in February 5-6.

Crafters' Stash Sale on Sat., Feb. 10

Tack Swap on Sat., Feb. 24, 9am to 3pm

Physical Therapy Talk on Tues., Feb. 27,
6:30pm

Physical Therapy Talk on Tues., March
5, 6:30pm

Physical Therapy Talk on Tues., March
12, 6:30pm

Physical Therapy Talk on Tues., March
19, 6:30pm

Survival Fire Class on Sat., March 23,
10am to 1pm.

Martial Arts Demo and Potluck on
Tues., March 26, 6:30pm

2nd Annual Honey "Buzz-aar" on Fri.,
Nov. 2

4th Annual Cornucopia of Crafts Sat.,
Nov. 16.

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

Questions? Call Whitepine Grange (406) 827-0102

Okay, so what's a "Stash Sale"?

Just about everyone who's ever taken up a new crafting hobby has accumulated a lot of supplies they'll probably never use up. Knitters have lots of extra needles and yarn, jewelry makers have lots of beads and findings, candle makers have lots of wax and molds, and scrapbookers have lots of *everything!* Most of this excess ends up in plastic totes that get stacked in a closet or slid under a bed.

A "Stash Sale" is a place where crafters can exchange or sell their extra supplies for pennies on the dollar. It's also a great social event, as crafters come together to compare notes and share tips with each other.

Whitepine Grange will host its second annual "Stash Sale" on Sat., Feb. 10, from 9am to 3pm. Vendors who want to sell their products can reserve a table for \$10 (just call the Grange at 406-827-0102 and leave a message). Of course this sale is open to the public and free of charge for shoppers and lookers. Come on out and be prepared to score some EXCEPTIONALLY good deals on your most wanted crafting supplies!



Hey Quilters & Crafters!

Got too much stuff?

Clean out your closets, drawers and bins, and bring it to the

2nd Annual

STASH SALE

Sat., Feb. 10, 9am to 3pm

Whitepine Grange

Reserve a table for \$10.

Turn your STASH into CASH!

Space is limited, so call Whitepine Grange now and leave a message:

406-827-0102



Last year's STASH SALE at Whitepine Grange was a big success! Mark your calendar for Sat., Feb. 10, and come have a blast with other crafters!



CPR & First Aid Training Class

Feb. 5-6, 6pm to 9pm

Presented by

Thompson Falls Ambulance Service

Location of Class: Whitepine Grange

(Corner of Hwy 200 & Faro Lane, near MM38 between
Thompson Falls & Trout Creek)

Fee: \$40 for class, \$20 for certification

Pre-registration required.

**Call 406-827-0102 to register, or email
whitepinegrange@gmail.com**

Yes, you need a refresher in First Aid and CPR!

Living in a rural area like Sanders County is a blessing, but it comes at certain costs. With spotty cell phone service, bad roads, and first responders who are miles away, it's up to us to all be educated in current CPR and First Aid techniques. Be honest....when was the last time you took a first-aid class? In Scouts? In the military? Never?

We ALL need this training, and not just once in a lifetime. Now you have the opportunity to get caught up with current life-saving techniques at Whitepine Grange on Monday and Tuesday nights, Feb. 5-6. The class will be presented by Thompson Falls Ambulance Service. It will meet from 6 to 9pm on both nights.

Fee for the class is \$40. For those needing formal certification, there is an additional \$20 charge.

Class size is limited to 10 participants and is already half filled. Contact Whitepine Grange today at 406-827-0102 and leave a message. Or email the Grange at whitepinegrange@gmail.com. Act now! The life you save could be your parent...or your grandchild...coworker, or neighbor.



Know how to save a life! Sign up for this First Aid/CPR class Feb. 5-6 at Whitepine Grange. Taught by Thompson Falls Ambulance Service.

New stairs in the future

Did you know Whitepine Grange has a full basement divided into classrooms? There's even a nice restroom down there with a shower!

Records indicate that the basement was "remodeled" when it was being used as a Mennonite school. However, the steep stairs make it virtually inaccessible to many current Grange members.

As our grange programs grow, and we acquire more equipment for classes and activities, we need more room for storage AND for events. So we're going to replace the old basement staircase with stairs that are safer and easier for everyone to negotiate.

Whitepine Grange has received a grant from the Dennis & Phyllis Washington Foundation for this project, but we're going to need more dollars than we currently have. If you'd like to help finance this project, please consider writing a check to "Friends of Whitepine Grange" (the nonprofit fundraising organization that supports the Grange building and programs.) You will receive a tax deductible receipt for your contribution.



TACK SWAP



Sanders County Rocky Ridge Saddle Club

Buy & Sell Quality Tack including Saddles, Bridles, Harnesses, Blankets, Helmets, Grooming Items and Other Horse-Related Equipment Only. Limited Vendor Spaces available for \$10.

SATURDAY, FEB. 24, 2024
9 AM – 3 PM

WHITEPINE GRANGE, 9 Faro Lane, Trout Creek, MT 59874.

For more information view our Facebook page:

Sanders County Rocky Ridge Saddle Club or text (208) 290-1780.

Coming in March:

SURVIVAL FIRE-BUILDING CLASS

If you get lost in the mountains while hiking, shed hunting, or foraging, you can survive for many days without food. You can survive for a few days without water. **You may not survive the night, however, without a fire.** Can you start a small fire when all the materials at your fingertips on the forest floor are soaking wet and you have no good matches or lighter?

Yes, you can! Come to the three-hour "Emergency Survival Fire-Building Class" at Whitepine Grange on Sat., March 23. This class, taught by master outdoorsman Dusty Rosenthal from Yakima, Wash., will teach you how to do it.

The class starts at 10am indoors where you'll learn the somber importance of this skill. Participants will be furnished with supplies for a small fire-starting kit to carry in a backpack. Students will each assemble their own fire-starting kits.

Next, students will move outside where they will practice, under supervision, building their own small survival fires. The class will last until about 1pm.

The cost for this class is \$10, which includes all materials. We're limiting it to 12 students.

This class is for adults and youngsters at least 10 years of age. Parental permission is required for students 16 and under.

To register for the class, call Whitepine Grange at **406-827-0102** and leave a message, or send an email to whitepinegrange@gmail.com



Learn to build a life-saving wilderness fire out of wet materials from the forest floor. This class will be held at Whitepine Grange on March 23.

What you don't know about "service dogs".....

If you missed January's Grange presentation on "service dogs," here are a few of the highlights:

- True "service dogs" are trained to do something for you that you can't do for yourself because of a disability.
- According to the federal ADA law, service dogs need NO official training, certification, or distinguishing vests.
- SERVICE DOGS are the ONLY assistance dogs that qualify for FULL ACCESS to public areas. They are not pets.
- "Emotional Support Dogs" are NOT service dogs and do not have full access to public areas. They are pets.
- Websites and ads for "service dog certification" or paraphernalia are basically scams.
- Claiming your dog is a "service dog" or "emotional support dog" is cheating the system and harming the reputation and jobs of TRUE service dogs.
- Doctors' notes for an "emotional support" dog have no legal value.

Please don't try to pass your pet off as a service animal

Fake Service Dogs

can hurt the reputation and acceptance of valid service dogs and the disabled persons who truly need those dogs to assist them.



Grange Fitness Classes growing fast in popularity

Whether you're a fairly fit senior or a real winter vegetable, Whitepine Grange's fitness classes are especially for YOU.

Our "Functional Fitness" classes are currently held Mondays and Thursdays. No reservations are necessary; you may drop in any time for these one-hour classes that combine cardio with senior-appropriate balance, mobility and strength training. We use good music (popular songs from all genres) to set the beat for our movements. There's a little "freestyle" dancing, a little Latin stuff, and some short sessions on mini-trampolines and wobble boards to improve balance and agility. Everything is done at YOUR PACE. We always feature a special "take-home" exercise to help wrist pain, knee strength, or everyday movements that often become more difficult with age.

The classes are free, although the Grange appreciates donations. All you need to bring is your sneakers and a water bottle, and be there at or before the class starts.

Beginning Feb. 5, we will be expanding to TWO classes on Monday and Thursday. First class is at 9am. Second class is at 10:30. You are welcome to come to either class.

We have plenty of equipment, including mini-trampolines, Thera bands, wobble boards, stability sticks, hand weights, cones, agility ladder, and now STEP PLATFORMS (see photo). Every class is different and every class is fun! Rediscover the joy of movement and play!



Physical Therapy talks begin this month

Jim Bittinger of Trout Creek is a physical therapist who's been practicing around the country for several decades. Physical therapy is his passion. Although he's of legitimate retirement age, Bittinger has no desire to retire from the work that still fascinates him.

That's why Jim has offered to present FOUR FREE NIGHTS of "Ask the Physical Therapist" sessions at Whitepine Grange, starting on Tues., Feb. 27 at 6:30pm.

These enlightening sessions are **open to the public and free of charge**. Bring your questions for Jim, and he'll try his best to address your issues and offer insight that only 30+ years of experience can provide.

Here's the schedule for Jim's talks:

1. Tues., Feb. 27, 6:30pm
2. Tues., March 5, 6:30pm
3. Tues., March 12, 6:30pm
4. Tues., March 19, 6:30pm

Join us for one or all sessions!!



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 _____

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

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 ____/____/____