



“Whitepine Whispers”

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

Published by Friends of Whitepine Grange

October 2024

Grant from Whitepine Grange scores a bullseye with Trout Creek Archery Program

The Trout Creek School Archery Club will be traveling to more out-of-state tournaments and shooting for higher goals this year, thanks to a \$5,000 grant presented to them at the school’s Open House on Sept. 5.

The unexpected windfall came through Whitepine Grange, whose officers applied for and secured several grants through the National Grange and Pfizer Corp. The grants are to be used on local projects that enhance the health and welfare of rural residents.

The Trout Creek School Archery Program was selected to receive the grant because it exemplifies what the Grange and Pfizer Corporation are trying to promote: healthy activities that bring rural folks together face to face.

Whitepine Grange president Jan Manning wrote the grants and presented the \$5,000 check to Beckie Doyle, head of the archery program at Trout Creek.

“We are overwhelmed at the support of our local community,” Doyle said. “Without the Sanders County community behind us, this program would not be where it is now.”

The archery program, which is led by Beckie Doyle and her husband Jerry, will be open to even more students this year as archery is an extracurricular activity at the school. The program is open to youngsters throughout Sanders County, including home schooled and private schooled children.

Note: Whitepine Grange wants to thank the National Grange and Pfizer Corporation (celebrating their 185th anniversary) for making this grant possible through its Rural Life Initiative (RLI). The RLI mission is to promote healthy living for rural populations like ours.



Beckie Doyle and Carolyn Nesbitt (middle) are flanked by happy archers at Trout Creek School who will find good use for the \$5,000 grant from Whitepine Grange.

You need more face time!!

From the Grangemaster:

Get social and get healthy!

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

Many of us have taken up residence in Montana because we enjoy the relative isolation of living in the Last Best Place. Rural residents don't have to worry so much about their barking dogs. Kids can play safely outside without worries of abduction. We can often sight in our rifles on our own property. We have escaped the traffic, congestion and air pollution associated with living in a metropolis.

There is a danger, however, in isolating ourselves to an extreme. We NEED positive social interactions to keep ourselves mentally healthy. That's where the Grange comes into the picture. The Grange's goal is to bring people together, face to face, with old-fashioned socialization that leads to a healthier community.



Here are some of the side effects of socially isolating yourself:

- Social isolation can lead to depression, anxiety, and suicidal thoughts.
- Social isolation can increase the risk of heart disease, stroke, high blood pressure, obesity, and type 2 diabetes.
- Social isolation can lead to cognitive decline and dementia, including Alzheimer's disease.
- Social isolation can weaken the immune system, making a person more susceptible to infections.
- Social isolation can cause the brain to shrink. Social isolation can cause emotional pain, which can lead to chronic inflammation and reduced immunity.
- People who are lonely or socially isolated may drink too much alcohol or smoke.
- People who are lonely or socially isolated may sleep poorly.

The surgeon general's report on the epidemic of loneliness and isolation says that the adverse effects of isolation are greater than those of smoking up to 15 cigarettes a day!

Here's a cure: join Whitepine Grange (application on page 8, get out of the house, and enjoy some healthy interaction with your neighbors. We have old-fashioned potlucks, exercise classes, sewing retreats, parties and special programs. We work together on community service projects that benefit all of us. We make each other feel good as we enrich each other's lives with face-to-face contact.

Join us Tuesday, Oct. 22, 6pm for an old fashioned potluck at the Grange. We want to see your faces!!!

Note: NO CLASSES Oct. 9-13

The Grange is being rented to a sewing group for the entire week.

Welcome these new Grange members!

- *April Phillips, Trout Creek*
- *Mike Sancrant, Noxon*

These individuals decided the Grange was an organization they wanted to join, based on the activities we promote and offer (like the fly-casting class) for the community. Whitepine Grange helps the community. Help the Grange by joining. Application on page 8.

“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 10:30am, Whitepine Grange

The Joy of Movement

55+ Fitness classes

Mondays and Thursdays at 9am,

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. Make your day easier by starting out with this class!

October Calendar

Tues., Oct. 1	Gym for Gents, 9am
Wed., Oct. 2	Rough and Rowdy, 10:30am
Sun., Oct. 6	Private birthday party
Mon., Oct. 7	SEWING RETREAT
Tues., Oct. 8	SEWING RETREAT
Wed., Oct. 9	SEWING RETREAT
Thurs., Oct. 10	SEWING RETREAT
Fri., Oct. 11	SEWING RETREAT
Sat., Oct. 12	K9 First Aid/Snare Release Class, 10am
Sat., Oct. 12	“Stop the Bleed” class, noon
Mon., Oct. 14	Joy of Movement exercise, 9am
Tues., Oct. 15	Gym for Gents, 9am
Wed., Oct. 16	Rough and Rowdy, 10:30am
Thurs., Oct. 17	Joy of Movement exercise, 9am
Mon., Oct. 21	Joy of Movement exercise, 9am
Tues., Oct. 22	Gym for Gents, 9am
Tues., Oct. 22	Grange Potluck, 6pm
Wed., Oct. 23	Rough and Rowdy, 10:30am
Thurs., Oct. 24	Joy of Movement exercise, 9am
Mon., Oct. 28	Joy of Movement exercise, 9am
Tues., Oct. 29	Gym for Gents, 9am
Wed., Oct. 30	Rough and Rowdy, 10:30am
Thurs., Oct. 31	Joy of Movement exercise, 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

Two great first aid classes on one day, Oct. 12

www.montanak9safety.com

October 12th, 10 am in Trout Creek
 For class details or to register visit us online.
 \$49 Hosted by Friends of Scotchman Peaks.



K9 FIRST AID & TRAP & SNARE RELEASE

Learn skills that just might save your dogs life including Trap & Snare Release.






Ever taken a canine first aid class? Come to the class on Sat., Oct. 12, and learn everything from doggy Heimlich maneuvers to how to stabilize a leg that's been broken during your trip into the back country. Accidents happen to our dogs, too, and you will find several parallels between dog first aid and people first aid. Along with the first aid class will be a presentation on **“trap and snare release”** to get your dog safely extricated from an accidental encounter with one out in the woods. The fee for class is \$49.

Pre-registration is necessary for the K9 First Aid class, and you can pre-register at www.montanak9safety.com.

Following this 10am first aid class is a “Stop the Bleed” class presented Oct. 12 at 2pm or immediately following the K9 First Aid class.

“During a crisis, no matter how quickly professional emergency responders arrive, bystanders will always be first on the scene. The STOP THE BLEED class teaches you simple actions to stop life-threatening blood loss, enabling you immediately to help save a life.” The fee for this class is \$20. To register, contact www.montanahealthandsafety.com.

Both of these classes are sponsored by Friends of Scotchman Peaks Wilderness Area, Montana Health & Safety Training, and Montana K9 Safety Emergency Training.





STOP THE BLEED®

SAVE A LIFE

TROUT CREEK MT WHITEPINE GRANGE
 October 12th, 2 pm

DURING A CRISIS, NO MATTER HOW QUICKLY PROFESSIONAL EMERGENCY RESPONDERS ARRIVE, BYSTANDERS WILL ALWAYS BE FIRST ON THE SCENE. THIS STOP THE BLEED CLASS TEACHES YOU SIMPLE ACTIONS TO STOP LIFE-THREATENING BLOOD LOSS, ENABLING YOU IMMEDIATELY TO HELP SAVE A LIFE. \$20

For more information or to register:
www.montanahealthandsafety.com
406-314-7024

Stock up on local honey products Nov. 2

Need local raw honey? Saturday, Nov. 2, is your day to stock up!

Whitepine Grange will host its second annual "Honey Buzzaar," featuring honey vendors from throughout our area, on Sat., Nov. 2, from 10am to 2pm. This year we'll also have bee-related products like candles, lotions and balms.

Like last year's inaugural event, you'll be able to buy honey in gallon jugs, tiny bottles, and everything in between. Sample the differences between them, and learn about honey from the producers themselves. Fill your winter pantry with this "liquid gold" that carries so many amazing health benefits.

Did you know....raw (unpasteurized) honey is an anti-inflammatory, a prebiotic, anti-oxidant, anti-depressant, and an immune system booster? It can also aid in healing wounds and fighting allergies. This miracle of nature has been treasured for more than 8,000 years.

Pasteurized honey, which is typically found in grocery stores, does not contain the same healthful benefits as raw honey which comes fresh from the bees' honeycomb. Get the GOOD stuff at Whitepine Grange on Sat., Nov. 2. Come early, because several vendors SOLD OUT before noon at last year's event!

Second Annual

HONEY BUZZAAR

SATURDAY, NOV. 2

10AM TO 2PM

AT WHITEPINE GRANGE

Looking for vendors! Reserve a table now, just \$10. Bring your honey and honey-related products. This was a runaway hit last year!!! This event is highly promoted and will bring hundreds of customers eager to purchase your products.

Whitepine Grange is on the corner of MT Hwy 200 and Faro Lane, near MM38. We are between Trout Creek and Thompson Falls, MT.



Pre-registration required. Call **406-827-0102** or email whitepinegrange@gmail.com to register. **Whitepine Grange has high-speed internet for your e-sales!**

Tip: HONEY makes great hostess gifts for your holiday gatherings!

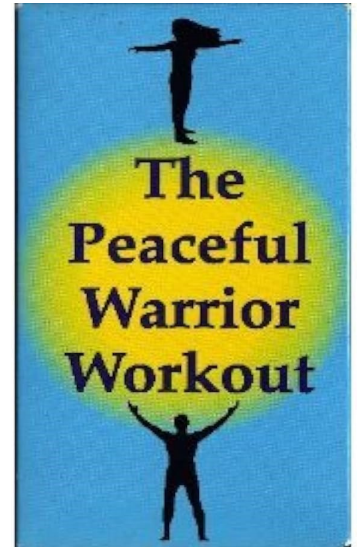


Fitness and fun await you at the Grange!

CALLING ALL GUYS!

The Grange now has a fitness class just for you **MEN**. It meets Tuesday mornings at 9am and is led by Francois Comuneti, a fitness expert, martial arts instructor, author, and a general hard-working farmer/rancher who's lived in Trout Creek for many years.

Francois is 66 and pain-free. The reason, he says, is the special exercise program he has faithfully followed for the past 24 years. It's based on the "Peaceful Warrior" program created by world reknown gymnast Dan Millman, whose personal story of triumph over tragedy was turned into a book and motion picture. (You can watch it on YouTube!)



His daily fitness routine, which takes anywhere from 5 to 15 minutes to complete, is most likely responsible for his amazing comeback a few months ago after a horrendous horse accident that could have killed someone who was not in as good physical shape.

These Tuesday morning classes are just \$5 per visit, which is donated back to the Grange. Francois will work with you at whatever your current fitness level. His message is clear: become more fit and enjoy a more enjoyable life with less pain.

And for women (mostly)

Show up any Monday or Thursday (or both) at 9am for "The Joy of Movement" exercise classes, led by Jan Manning. You'll enjoy a solid hour of movement to music, guaranteed to energize and strengthen you, regardless of your present fitness level, size or shape. We emphasize practical movements to increase your balance and flexibility for daily activities at home. All equipment is provided...just bring sneakers and your



own water bottle.

A \$5 donation is accepted, and if you don't have any cash on you that day, come anyway. We're in it for health and vitality, and those are our main goals. This is a safe class that can be tailored specifically for your needs. Plus, it's just plain fun!

Usually we have 10-12 show up for each class. The more the merrier!



Grange's fly-casting class a great success

Fifteen local residents took advantage of the "Fly Casting for Beginners" course offered by Whitepine Grange last month.

The class was led by instructor/biologist Sara Poiesz, with assistance from community volunteers Ron and Linda Weygint, plus other community volunteers.

The program was made possible by a grant from the Rural Life Initiative, a cooperative effort of the National Grange and Pfizer Corp.

The eager students had one classroom session to familiarize themselves with equipment. The next session was at Trout Creek Park where they practiced fly-casting on the grass. The third session involved a trip to Triangle Pond (Noxon area) for some real fishing in the water.

The second half of this class sponsored by RLI will be this coming winter. A fly-tying class will be held at the Grange. Stay tuned for an announcement of when it will start. All equipment will be provided.

Once again, thank you Rural Life Initiative, for helping bring our rural residents together for healthy activities!



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