



“Whitepine Whispers”

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

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October 2023

Firearms Class slated for Oct. 24

On Tues., Oct. 24, local firearms training professional Doug Dryden will present an informational class on the use of firearms for self defense in Sanders County. The class runs from 6:30 to 8pm at Whitepine Grange and is free to the public.

Dryden, former Sanders County Justice of the Peace with 25 years of law enforcement experience in Montana, owns and operates Highlands Tactical Training Group, a civilian shooting school in Plains, MT.

The Oct. 24 class will cover basic legalities and principles of armed self defense. Dryden will discuss which firearms are most appropriate for various self defense scenarios, along with the pros and cons of concealed carry. Ample time will be reserved for Q&A from the audience.

While this will not be considered a firearms safety class, it will set the stage for follow-up classes the audience may choose to attend and will pave the way for more specific firearms training.

The presentation will begin promptly at 6:30 on Oct. 24, and a capacity crowd is expected.

The class is open to all and free of charge, although donations to Whitepine Grange will be accepted to help defray operational costs.



Doug Dryden

“Fitness Over 50” exercise classes to begin Oct. 30 at the Grange

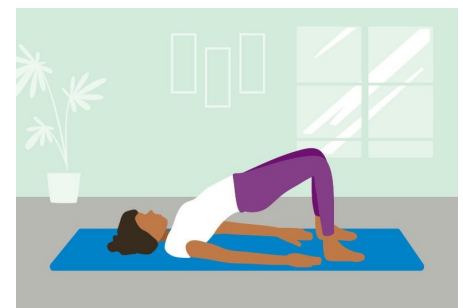
Last year we called these classes “Rockin’ Walkin’” and we still do. But our target audience has become more refined and our goals have broadened just for them.

Rockin’ Walkin’, which is a program of indoor cardio walking to tunes you love, will now incorporate stretching, a little Zumba, strength training, balance exercises, rebounders and more. The goal is to keep your body gently moving for



60 minutes, working all muscle groups, increasing oxygen flow and releasing “feel good” endorphins.

A special exercise specifically for seniors will be featured each week as a “take home” bonus.



Classes will be held Mondays and Thursdays, 10am, at Whitepine Grange. The classes are free, but donations to the Grange are accepted and encouraged. All fitness levels are welcome, although the class is primarily tailored for “over 50+” adults who may have been away from exercise programs for a while and are striving to get back the quality of life that physical movement produces. *(Continued on page 6)*

From the Grangemaster: It's all for you!

It's funny how projects take on lives of their own.

A few years ago I went searching for a place to hold my dog training classes. I found Whitepine Grange, a virtually abandoned old windowless building that was clearly past its prime. But it was perfect for my dog training classes.

Peggy Carlson, long-time secretary of Whitepine Grange 102, urged me to become more involved in the Grange organization. Soon it was evident that if we were to save the building as a community center and dog training site, the Grange membership itself would have to be revitalized, and that the torch of leadership had to be passed to a new generation. Reluctantly, I accepted the position as president, not knowing anything about the proud history and heritage of the Grange in this country.

Learning how important Whitepine Grange had been to the local community from 1938 to the early 1990s, it seemed like a good challenge to renovate the old building and turn it back into a community center capable of hosting all sorts of events like dinners, parties, classes of all descriptions...and even a Grange membership meeting once a month.

That's where we are now. The once windowless building with a leaky roof now sports new siding, five windows, a new roof, a beautiful new floor, and many other improvements. We even have a landline phone and Wi-Fi! This winter we'll begin construction on an additional restroom that will be ADA compliant.

As you can see from the schedule on the next page, Whitepine Grange is once again a bustling place. It's not just for dogs and/or Grange members. It's for our rural community population. You now have an attractive neighborhood center for a myriad of activities. While it's a full schedule, there's still room for your own get-togethers, and our rental fees for private functions are next to nothing.

Come see the "new" Grange on Tues., Oct. 24, when Doug Dryden presents his class on **"Self Defense Firearm Use in Sanders County"**. The class is free and open to the public. (See poster on page 3.)

Start coming to our **FREE exercise classes every Monday and Thursday** at 10am in November. You'll get an hour of carefully and safely planned active movement that may become the highlight of your day!

Come to the **"Honey Bazaar"** we're hosting on Sat., Nov. 4, and stock up on locally produced honey from several different vendors. Remember that locally produced honey is the best for fighting allergies!

And get all your Christmas shopping done on Nov. 18 at our third annual **"Cornucopia of Crafts"** bazaar featuring beautiful items by local artists.

If you want to schedule your own holiday party at the Grange, do so NOW, as bookings will fill up quickly. Our new 65" TV screen even makes it possible to host your own private movie night.

This is YOUR GRANGE once again. It's not just for dog training classes anymore! Call the Grange at **406-827-0102** for rental information, or email whitepinegrangemail.com.



Jan Manning, Grangemaster

Whitepine Grange #102 Officers 2023

President:

Jan Manning

Vice-President:

Carolyn Nesbitt

Secretary:

Patty English

Treasurer:

Dona Pope

Executive Committee:

Gene Pope

Debbie Mason

Ruth Tucker

Rent the Grange for your event...starts at just \$35!

Whitepine Grange October-November Schedule

Dates and activities are subject to change.

Mon., Oct. 2	Kids' Tumbling, 3pm
Tues., Oct. 3	Doggy Boot Camp, Wk 4, 10:30am
Wed., Oct. 4	Rough & Rowdy Dogs, 10:30am
Wed., Oct. 4	Rally practice, 12:30pm
Wed., Oct. 4	Doggy Boot Camp, Wk 4, 6pm
Sat., Oct. 7	Beginning Rally, 9:30am
Sun., Oct 8	Private Party
October 9-14	SEWING RETREAT
Tues., Oct. 17	Doggy Boot Camp, Wk 1, 10:30am
Wed., Oct. 18	Rough & Rowdy Dogs, 10:30am
Wed., Oct. 18	Rally practice, 12:30
Tues., Oct. 24	Doggy Boot Camp, Wk 2, 10:30am
Tues., Oct. 24	GUN CLASS, 7pm
Wed., Oct. 25	Rough & Rowdy Dogs, 10:30am
Wed., Oct. 25	Rally practice, 12:30pm
Sat., Oct. 28	Beginning Rally, 9:30am
Mon., Oct. 30	Rockin' Walkin' 10am
Mon., Oct. 30	Kids' Tumbling, 3pm
Tues., Oct. 31	Doggy Boot Camp, Wk 3, 10:30am
Wed., Nov. 1	Rough & Rowdy, 10:30am
Wed., Nov. 1	Rally practice, 12:30
Thurs., Nov. 2	Rockin' Walkin' 10am
Sat., Nov. 4	Honey Bazaar 9am to 3pm
Sun., Nov. 5	Advanced Agility 3pm
Mon., Nov. 6	Rockin' Walkin' 10am
Tues., Nov. 7	Doggy Boot Camp, Wk 4, 10:30am
Wed., Nov. 8	Rough & Rowdy, 10:30am
Wed., Nov. 8	Rally practice 12:30
Thurs., Nov. 9	Rockin' Walkin' 10am
Sun., Nov. 12	Advanced Agility 3pm
Mon., Nov. 13	Rockin' Walkin' 10am
Tues., Nov. 14	Doggy Boot Camp, Wk 1, 10:30
Wed., Nov. 15	Rough & Rowdy, 10:30
Wed., Nov. 15	Rally practice 12:30
Thurs., Nov. 16	Rockin' Walkin' 10am
Sat., Nov. 18	CRAFT BAZAAR
Sun., Nov. 19	Advanced Agility 3pm
Mon., Nov. 20	Rockin' Walkin' 10am
Tues., Nov. 21	Doggy Boot Camp, Wk 2, 10:30
Wed., Nov. 22	Rough & Rowdy 10:30
Wed., Nov. 22	Rally practice 12:30
Thurs., Nov. 23	THANKSGIVING



One-Night Class

Using Self Defense Firearms in Montana

What You Need to Know



By Doug Dryden

Tues., Oct. 24, 6:30pm

Whitepine Grange

Free admission. Open to the public.

*Presented as a public service of
Whitepine Grange and Doug Dryden*

Info: Call the Grange, **406-827-0102** or email
whitepinegrange@gmail.com. Grange is on the corner of

MT Hwy 200 and Faro Lane, near MM38

"A Taste of Honey"

HONEY BAZAAR

SATURDAY, NOV. 4

10AM TO 2PM

AT WHITEPINE GRANGE

Featuring a variety of northwestern Honey Vendors.
Come and sample! Purchase directly from the
producers!

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



Honey Vendors welcome! \$10 per vendor, tables provided or bring your own. Pre-registration required.
Call 406-827-0102 or email whitepinegrange@gmail.com to register. Set-up begins at 8:30am Nov. 4.
Whitepine Grange has high-speed internet for your e-sales!



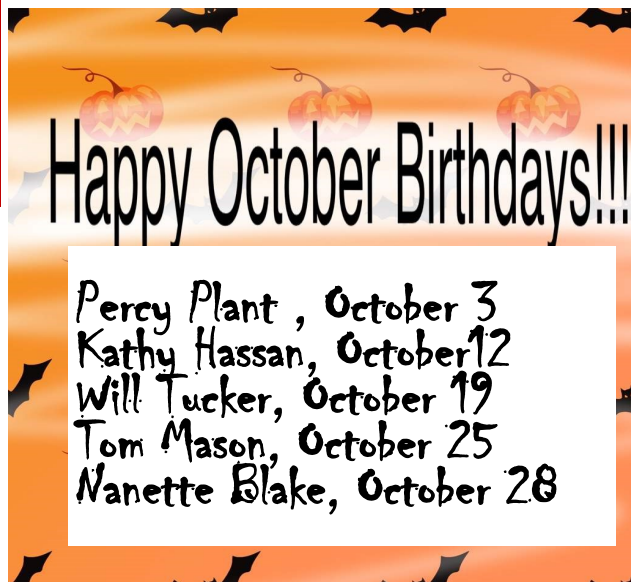
A double rainbow crowns Whitepine Grange on a recent fall evening. Photo by Debbie Mason.

Fitness Over 50

(Continued from page 1)

Pre-registration is not required for the class at this time, and we'll try to accommodate as many students as possible in the Grange's large main room with a matted floor. Participants should arrive early and be ready to begin at 10am sharp. Bring good athletic shoes, water and (if you have one) a yoga mat.

If you have questions, please call Jan Manning, instructor, at 406-827-0102 and leave a message.



Craft Bazaar is Nov. 18

The 3rd annual "Cornucopia of Crafts" bazaar will be held Sat., Nov. 18, from 9am to 3pm at Whitepine range. The indoor craft fair will afford an excellent chance for all family members to shop for Christmas as well as find hostess gifts for the coming Thanksgiving dinner visits.

Previous years' vendors included glass blowers, jewelry makers, soap and candles, unique birdhouses, denim tote bags, wooden toys, quilting and much more.



Two of last year's happy craft exhibitors

Kathy Hassan's Mix-&-Dump Bundt Cake



- 1 box Devil's Food Cake Mix
- 1/2 c. canola oil
- 1/2 c. warm water
- 1 c. sour cream
- 4 eggs unbeaten
- 1 3-oz box Cook & Serve Chocolate Pudding
- 1 1/2 c. semi-sweet chocolate chips

Mix ALL ingredients with wooden spoon. Pour batter into a greased bundt cake dusted with flour. Bake 350 for 35 to 38 minutes. Cool 12 minutes & remove. Dust with powdered sugar after 45 minutes.

Wednesdays are for the wild and crazy dogs!

It's called "Rough & Rowdy Class," and it's specifically for dogs who don't get enough time, training or socialization in their daily lives. You bring your dog on a leash to Whitepine Grange and join in with about 10 other dogs and owners struggling with the same problems as you: hyperactivity, too much energy, uncontrolled barking, bad social manners. Even if the dogs who come are already well behaved, the owners receive a nice lesson on leadership and maintaining control of their wild dog children.

The class meets at Whitepine Grange on Wednesday mornings at 10:30. Most sessions are indoors, but we occasionally go for a "pack walk" down Faro Lane. The experience helps dogs learn to work together, as a pack, instead of always vying for leadership positions. The exercise is great for dogs and owners, and everyone goes home tired after about 75 minutes of activity.

"Rough & Rowdy" is not an obedience class, although dogs and owners do receive brush-up training on the basics. But it's more of a "how to handle your dog in real-life situations" class. The goal is to make owners more confident in their leadership abilities, to improve the communication between dog and owner, and to result in a dog who can go many places with you and experience life as you do.

All dogs remain on leashes with their owners during this unique class. The owners practice walking simple obstacle courses with their dogs. They play obedience games. They work on meet-and-greet exercises with strange dogs and people. They play soccer, bowling, indoor horseshoes, and even Dog Bingo. They dance with their dogs to music. At 11:45 the dogs and owners all go home and (the dogs, at least) take long naps.

Rough & Rowdy class is ideal for any dog who needs an energy outlet teamed with a little obedience skill building. People who attend get the brush-up leadership training they need and are often able to get along with their dogs in a much more understandable and communicative way. "Rough & Rowdy" is ideal for any dog who lacks social skills, and explodes with excitement at the very sight of another dog. No preregistration is necessary. The per-visit charge is a recommended donation of \$5 to Whitepine Grange. For more info about the class, please call 406-827-0102 (the Grange) and leave a message, or you can message the teacher, Jan Manning, at sandersagility@gmail.com.



Another Reason to Join the Grange:

College Scholarships!!

College and trade school scholarships of \$1,000 are available to qualifying high school seniors who are members of a Grange anywhere in Montana!! **Applications are due in February 2024.** Watch for details in the November issue of this newsletter, or contact whitepinegrange@gmail.com for more info!!

"Edible Bingo!"

At the September Grange meeting, we played Bake Sale Bingo, with prizes of home-baked goodies instead of money. Participants brought their delicacies and donations to the Grange's restroom remodeling project (aka "flush fund.")

With help from donations and grants, we hope to start the restroom project in early winter and have it completed by spring. The plan calls for retrofitting the existing restroom and adding a second one that is ADA compliant, just inside the front door.

Want to help us reach our "flush fund" goal? Send your donations to "Friends of Whitepine Grange," P.O. Box 1313, Trout Creek, MT 59874. You will receive a receipt for your tax deductions! Thank you!

Right: (Left to right) Carolyn Nesbitt is "cleaning up" with Bingo baked goods, while husband Monte, Dona Pope and Gene Pope patiently wait for some winning numbers.



Above: Laura Ganatos (right), Barb Woden, and Barbara Wellborn survey the goodies prior to Bingo. At far left are Ruth Tucker (seated) and Dona Pope.



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 ____/____/____	_____
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