



# "Whitepine Whispers"

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

Published by Friends of Whitepine Grange

January 2024

## 'Tis the season for Avalanche Awareness

The best way to survive an avalanche is to avoid it in the first place.

That's the objective of Idaho Panhandle Avalanche Center's "Know Before You Go" program, presented last month at Whitepine Grange.

Jon Totten, who's been teaching avalanche awareness classes for 20 seasons with IPAC, conducted the class sponsored by Friends of Scotchman Peaks Wilderness. He focused on avalanche predictions, essential gear for survival, and the importance of carefully choosing your companions when participating in snowy mountain activities. With a huge increase in the number of people getting out onto the slopes for winter recreation these days, avalanche-caused fatalities have also increased to 75 per year in the United States.

The "Know Before You Go" rule, he said, is easy to follow these days because avalanche predictions are prominently displayed on most weather websites. Centers like IPAC issue reports at least twice a week, posting the "danger scale" in specific mountainous areas. Danger levels are announced in five levels from low to extreme. According to Totten, most avalanche fatalities happen on the lower end of the danger scale, largely due to the "It'll never happen to me" belief of many outdoor enthusiasts. The danger scales are scientifically calculated, however, by professional forecasters who are constantly in the field collecting depth, temperature and visual data.

Totten is typical of many professional avalanche forecasters. He loves backcountry snow hikes and skiing, so he's able to combine his research with his hobbies. Still, he won't attempt a trek if the conditions are questionable. "It's best to go home and wait until the next day, or when conditions are better," he said, "even though the snow may be incredibly tempting on those higher-risk days."

*(Continued on page 4)*



Jon Totten of the Idaho Panhandle Avalanche Center demonstrates an inflatable avalanche backpack at the Grange class on Dec. 7.

### Grange to award \$1,000 scholarships

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](mailto:whitepinegrange@gmail.com).

JUST MOVE MORE!!

**From the Grangemaster:**

**A COMMON-SENSE RESOLUTION**

About five years ago I started feeling really old. I was battling fibromyalgia, osteoarthritis and associated aches and pains that made me feel like giving in and adopting the “I can’t do that anymore” mindset.

The turning point for me was around 2019 when we acquired a Labrador puppy, Spade, who showed amazing potential in the sport of dog agility. I’d been an active agility competitor for more than 20 years, but Spade promised to be the absolute best agility dog I’d ever owned or trained. He was also the most challenging to handle, due to his speed and size. I knew I had to “up” my own physical game considerably if we were to be a successful team. So I started moving more, always (and still) with the goal of becoming a better agility handler.



Jan Manning, Grangemaster

Since then I’ve been doing “moving workouts” six days a week. I move every chance I get, even when waiting to heat up something in the microwave. My body is now happiest when it’s moving. The fibromyalgia has diminished, and the only time I hurt is when I’ve been sitting still too long. I feel 20 years younger and have a new physical vitality and energy. It’s all simply from moving my body.

The Grange has provided a great place for fun, simple, gentle workouts that I can share with others. Our two weekly “Functional Fitness” classes (Mondays and Thursdays at 10am) offer an hour of varied movement for cardio fitness, balance, strength and agility, mostly designed for seniors who want to regain their lives and youth. The classes are free (donations accepted) and fun.

Another related offering at the Grange will be our four-week series of “PT Talks” featuring local physical therapist Jim Bittinger. Jim is semi-retired but has such a passion for his profession that he wants to continue sharing his knowledge. He will present four sessions, free of charge and open to the public, on **Feb. 27, March 5, March 12, and March 19**. Each class starts at 6:30pm and will be primarily a Q & A session with whoever shows up. I urge you to write these dates on your calendar now, and encourage your spouses to come with you.

It’s easier than you think to feel better, feel younger, and have more energy. The answer is in keeping your body in motion as God designed it to be. No matter what your current situation is, even if you are disabled, there are miraculous benefits you can achieve through learning to **move** the right way. At the Grange, you’ll find a great support system and an amazing array of resources through our membership. We have doctors, physical and occupational therapists, herbalists and other well-being specialists within our ranks and willing to share. Come in and join the family.

And the bottom line: here’s a New Year’s resolution you will have no trouble keeping because the benefits are so incredible.....

**JUST MOVE MORE!**

The graphic features the text "MOTION IS THE BEST MEDICINE" in large, bold, black letters on a light blue background. Above the text are three images with red 'X' marks over them: a spilled pill bottle, a medicine bottle, and a pill bottle with a single pill. Below the text are four silhouettes of people in various active poses: a person stretching, a person walking, a person lifting weights, and a person performing a squat.

## Whitepine Grange January Schedule

*Dates and activities are subject to change.*

Wed., Jan. 3	Competition Obedience 10:30am
Wed., Jan. 3	Rally practice 1:30
Thurs., Jan. 4	Functional Fitness 10am
Sun., Jan. 7	Beginning Agility 2pm
Sun., Jan. 7	Interm. Agility 3:15pm
Mon., Jan. 8	Functional Fitness 10am
Wed., Jan. 10	Competition Obedience 10:30am
Wed., Jan. 10	Rally practice 1:30pm
Thurs., Jan. 11	Functional Fitness 10am
Sun., Jan. 14	Beginning Agility, 2pm
Sun., Jan. 14	Interm. Agility 3:15pm
Mon., Jan. 15	Functional Fitness 10am
Wed., Jan. 17	Competition Obedience 10:30am
Wed., Jan. 17	Rally practice 1:30pm
Thurs., Jan. 18	Functional Fitness 10am
Sun., Jan. 21	Beginning Agility 2pm
Sun., Jan. 21	Interm. Agility 3:15pm
Mon., Jan. 22	Functional Fitness 10am
Tues., Jan. 23	Grange Meeting/Weaving Demo 6:30pm
Wed., Jan. 24	Competition Obedience 10:30am
Wed., Jan. 24	Rally practice 1:30pm
Thurs., Jan. 25	Functional Fitness 10am
Sat., Jan. 27	Jewelry Bazaar 10am-3pm
Sun., Jan. 28	Beginning Agility 2pm
Sun., Jan. 28	Interm. Agility 3:15pm
Mon., Jan. 29	Functional Fitness 10am
Wed., Jan. 31	Competition Obedience 10:30am
Wed., Jan. 31	Rally practice 1:30pm

### UPCOMING GRANGE EVENTS IN 2024

**Beginning Dog Agility** starts Sun., Jan. 7, 2pm

**Weaving Demonstration** by Sue Scott of Trout Creek: Tues., Jan. 23, 6:30

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

**Crafters' Stash Sale** on Sat., Feb. 10

**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

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

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

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

### GRANGE MISSION STATEMENT

The Grange strengthens individuals, families and communities through grassroots action, service, education, advocacy and agricultural awareness.

### 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.

### 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

## Avalanche Awareness

*(Continued from page one)*

Having the right gear is essential for those venturing onto snowy backcountry slopes, he says. The three indispensable tools are a beacon, probe and a shovel. "Get quality equipment from real ski shops, not from discount stores. And then practice with it. A person buried in an avalanche has about 10 minutes of time before suffocating," he says, "and that person's survival is dependent on your ability to locate them and dig them out in that 10 minutes."

Totten then demonstrated the newest tool in avalanche survival gear. He donned an inflatable avalanche backpack and deployed it by pulling a ripcord. The huge orange balloon burst out of the pack and encircled his neck like an inflatable life vest. "It's a great invention," he said, "but it does not replace the three essentials of beacon, probe and shovel."

Because conditions change rapidly, depending on weather patterns and elevation, avalanche dangers can vary along the same route, Totten says. He mentioned five warning flags to be observed by everyone in a snow sports party, even if they are traversing low-risk areas with at least a 30-degree slope. He outlined them:

- You see an avalanche occurring nearby.
- The snow surface cracks or collapses, making a "whumpfung" noise.
- Snow is piled in wind drifts.
- Heavy snow or rain has occurred.
- Temperatures are rapidly rising..

In closing, he emphasized the importance of choosing companions who are at least as knowledgeable as you about avalanche dangers and safety rules. "Stick with people who absolutely respect the rules, hold the line, and don't take crazy chances. They should be trained and properly equipped. After all, your own life could depend on them."



**The bare necessities for treks in avalanche country: probe stick, beacon and shovel.**



**A buried avalanche victim has about 10 minutes before asphyxiation. Be prepared to act fast and efficiently.**



## Jewelry & Craft Bazaar

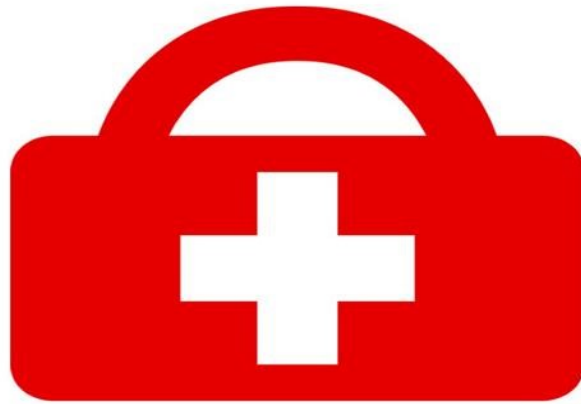
Fundraiser for Thompson Falls Women's Club

Sat., Jan. 27, Whitepine Grange

10am to 3pm

VENDORS SOUGHT!

Call Lori Renard, 503-349-8698



## **CPR & First Aid Training Class**

**Feb. 5-6, 6pm to 9pm**

*Presented by*

*Thompson Falls Ambulance Service*

### **Location of Class: Whitepine Grange**

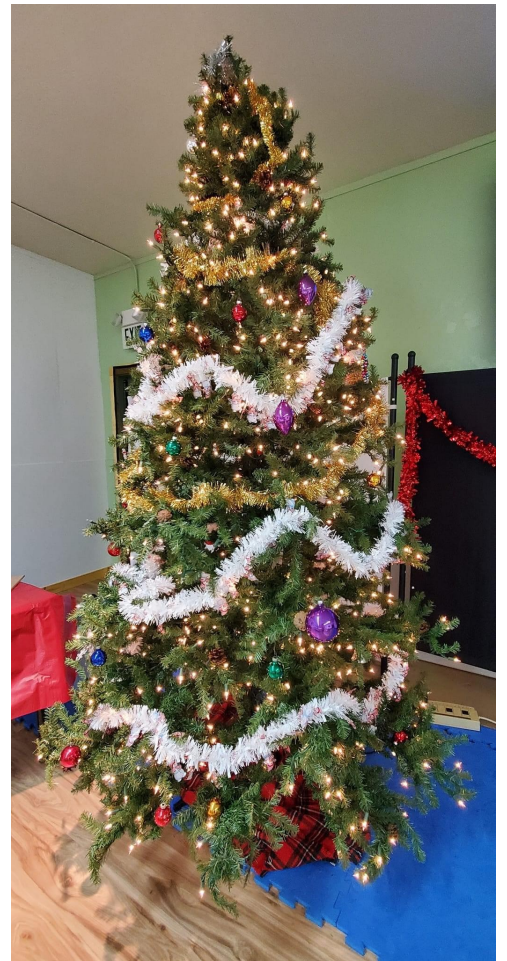
(Corner of Hwy 200 & Faro Lane, near MM38 between  
Thompson Falls & Trout Creek)

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

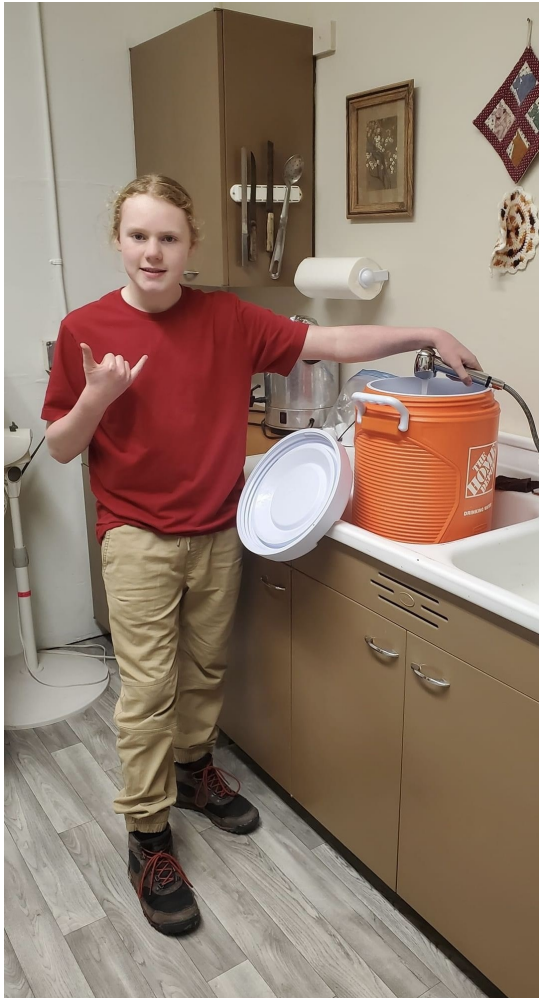
**Pre-registration required.**

**Call 406-827-0102 to register, or email  
[whitepinegrange@gmail.com](mailto:whitepinegrange@gmail.com)**

# PICTURES FROM WHITEPINE GRANGE'S 2023 CHRISTMAS PARTY



# Good Friends, good Food, good times!



# 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