



"Whitepine Whispers"

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

Published by Friends of Whitepine Grange

July 2022

Yard Sale a phenomenal success!

The county turns out to help us exceed expectations



A full house and a full front yard...donors graced us with plenty of good merchandise, indoors and out, for the Grange's June yard sale.



You never know what you'll find at a yard sale. This young customer discovered and modeled a Viking helmet with long braids.

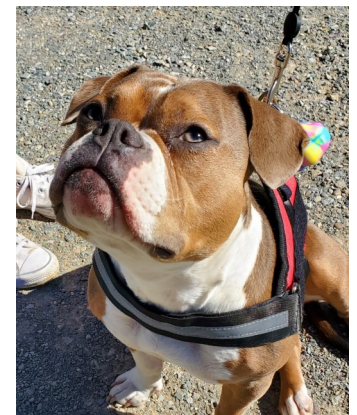
Whitepine Grange held its big yard sale June 24-25, in cooperation with Sanders County Yard Sale-ing weekend.

Thanks to generous donors, we had plenty of great merchandise to re-sell. Special thanks to the families who donated estate items in great condition and of excellent value.

Besides our donors, we want to thank the volunteers who made this event so successful. They are: Nan Fleischmann, Lori Wigen, Tim and Carrie Greene, Guy Engebretson, Patty English, Susan McFarland, Juanita Triplett and Cal, Juanita's grandchildren Wyatt and Neveah, Sue Marsh, Ruth and Will Tucker, Liz Hudson, Sandy Snodgrass, Kathy Hill, Sherry Eddy, Rob and Mary Danno, Gene and Dona Pope, Christine Vandekopf, Carolyn and Monte Nesbitt, Paula and Bob White, and Tom and Debbie Mason.

The money will go toward the cost of moving our noisy furnace down to the basement and installing new ductwork for better heating.

This little gal traveled from Couer d'Alene to find her nifty new dog harness.



From the president: That sense of belonging



Many of us in this part of the country lean unapologetically toward “hermit” lifestyles. We prefer being at home to traveling. We shirk large crowds in favor of the solitude found on our own acreage. We’d rather stay home in the evening to watch the does and fawns than drive to a city to watch a ballet or attend an opera.

And yet we are together with friends and neighbors in feeling this way. We live separately yet band together to support each other’s shared interests and rural lifestyles.

That’s what belonging to the Grange is all about. Grangers are a group of proud individualists who understand the need for neighborly cooperation. Belonging to a group of neighbors with shared interests strengthens our abilities to live the unique, rural Montana lifestyle we love.

That sense of belonging can be very comforting when we need firewood, or an emergency bale of hay, or someone to plow the driveway. As much as we cherish our aloneness, it’s darn nice on a cold winter night to walk into a cozy Grange hall for a wonderful potluck meal shared by friends we know and trust. And there’s that feeling of accomplishment when you and other friends have completed a community service project.

We are great loners...but we are even BETTER TOGETHER. Joining the Grange and becoming an active Grange member can give you these feelings of kinship, teamwork, and belonging. The Grange family is like any other; generally we all get along and we occasionally have our personality clashes. But we’re all working together for common purposes that enrich our personal lives as well as our neighborhoods.

Join the Grange. It’s \$35 a year. Become an active, contributing part of this big old farm family that has strengthened our country for 160+ years.

The application for membership is on Page 7 of this newsletter.

Oh, and by the way....supper is almost ready.



Grange Calendar July 2022

Tues, July 5:	Doggy Boot Camp, Wk 1, 10:30
Tues., July 5:	Line Dancing, 3pm
Thurs., July 7:	Walkercize, 9:15
Tues., July 12:	Doggy Boot Camp, Wk 2, 10:30
Tues., July 12:	Line Dancing, 3pm
Thurs., July 14:	Walkercize, 9:15
Tues., July 19:	Doggy Boot Camp, Wk 3, 10:30
Tues., July 19:	Line Dancing, 3pm
Thurs., July 21:	NO WALKERCIZE THIS WEEK
Tues., July 26:	NO DOGGY BOOT CAMP
Tues., July 26:	Monthly Grange Meeting, 7pm
Tues., July 26:	Line Dancing, 3pm
Thurs., July 28:	Walkercize, 9:15
Tues., Aug. 2:	Doggy Boot Camp, Wk 4, 10:30

Whitepine Grange #102 Officers 2022

President:	Jan Manning
Vice-President:	Carolyn Nesbitt
Secretary:	Patty English
Treasurer:	Kathy Hill
Advisor:	Peggy Carlson
Chaplain:	Susan McFarland
Greeter:	Arne Carlson
Executive Committee:	Gene Pope, Debbie Mason Ron Kilbury

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

Not yet a member? Join today!

Membership form on last page.

www.whitepinegrange.com

**For timely renovation updates:
check out the [Whitepine Grange page](#)
on [Facebook!](#)**



**Law Enforcement
Officer**

Teacher

Who are YOUR Hometown Heroes??

**First
Responder**

**Outstanding
Citizen**

Have you nominated your Hometown Heroes yet for the 2022 National Grange awards? The deadline is approaching; it's Sept. 1!

As Grange members, you are invited (and encouraged) to nominate ONE outstanding and deserving person in each of the following categories:

- **Law Enforcement Officer**
- **Firefighter/Ambulance/First Responder**
- **Teacher**
- **Outstanding Citizen**

These people do NOT need to be paid Grange members. These names will be reviewed first by our Whitepine Grange committee and then submitted to the State Grange. The State Grange will then pick one nominee in each of the four categories and submit that to the National Grange. Recipients will be chosen and announced at the National Grange Convention in Nevada this November.

When Whitepine Grange selects its four recipients, all four will be honored with a certificate, local media recognition, and a token of our appreciation. Now, let's hear your nominations!!

Email their names and categories to: whitepinegrange@gmail.com. Or mail them to: Nominations, PO Box 1313, Trout Creek, MT 59874.



Please pick your Hometown Heroes soon!!

July's Grange program will focus on EMT system in Sanders County

Interested in becoming an EMT? Want to learn how the program operates here, and what it takes to volunteer on an ambulance crew? Come to the July 26 Whitepine Grange meeting and hear speakers from these groups explain the ins and outs of volunteering for this fabulous community service. The meeting is free and open to the public. It starts at 7pm on Tues., July 26, so mark your calendar TODAY for this interesting presentation which will immediately follow the Grange's short monthly business meeting.



Thursday morning “Walkercize” class is a game changer for its eager participants

Feeling stiff, sore and tired? Having trouble getting out of the bed in the morning? Are you missing that old zip you had in your steps a few years ago? YOU CAN CHANGE THESE THINGS IF YOU WANT! Get back your zip, loosen up the joints, and feel 10 years younger than your actual age.

The key is MOVEMENT—BODY MOTION—getting your blood flowing and fully oxygenated to lubricate joints and muscles.

That’s the goal of the “Walkercize” class held at Whitepine Grange every Thursday morning at 9:15. Jan Manning is the class leader, and she encourages all couch potatoes to just make a trip to the Grange and try this class.

Each session begins with a warm-up to an old ‘60s tune. Next, the beat goes on with hits from the 60s, 70s and beyond, all of which keep a similar tempo for fast walking. The key is to keep time with the music. The exact steps are not

important, Manning explained. What IS important is that you help your body develop a steady workout rhythm and maintain that for at least 25 minutes. The musical beat is faster than a stroll, but not as fast as a jog or run. This helps your heart reach and maintain a beat that is not overtaxing but still quick enough to give your cardiovascular system a light workout.

“Everyone is free to move at their own pace,” Manning explained, “although the slow walking can be just as beneficial as a jog if you put sufficient arms and upper

body muscles into the workout.”

After 25 minutes, the group takes a five-minute rest for water and stretching. After their rest, they resume walking and moving to the music for another 25 minutes, ending with five minutes of relaxation music conducive to stretching, cool-down and meditation.

Manning began offering the Thursday morning class back in April, and has continued it due to its popularity. “My doctor recommended this class,” explains one student who drives in from Cherry Creek. “He said it’s even better than the ‘strong women’ class I’ve been taking downtown.”

“I feel so much better after I do this class,” commented Lori from Whitepine. “I feel energized for the rest of the day.”

“I love the exercise, but I also enjoy socializing with the others in the class,” says Dianne, who lives up Thompson River.

The class generally attracts four to six students, but Manning says the matted floor at the Grange can accommodate many more.

Fees for the class are generally \$5 per visit, all of which is donated back to Whitepine Grange for maintenance projects.

Manning emphasizes that the “Walkercize” class is perfect for anyone of any fitness level, age or size. The magic is in the walking,” she explains, which just about anyone can do. After all, the body was designed for movement!”

To attend class, just show up with sneakers by 9:15 every Thursday a.m. No skill is involved; you only need to enjoy moving to a musical beat.

MOTION
is the best
MEDICINE

FOR RENT

Whitepine Grange is available to rent for your receptions, seminars, parties, dances, classes and crafters’ meetings. Rent is \$25 a day, including full access to kitchen. We have seating for up to 60, lots of tables, a PA system, and projection screen. Contact Jan Manning at 406-827-6385 for more information.

County hiking group inspires and educates Grangers at June meeting

Want to go for a pleasant summer hike but don't know where to start?

Opportunities are so bountiful here in Sanders County that your choices can be a bit intimidating. Yet the Sanders County Hiking Group on Facebook has answers to all your questions.

Juli Thurston, Sanders County Extension Agent and member of the county's hiking group, presented an array of options when she addressed the Whitepine Grange's June meeting audience. Thurston, a native of New Mexico, grew up in the outdoors and had a yen to be an extension agent from the time she was 12 years old. A few years ago she took over the position for Sanders County, here in Thompson Falls, and has been delighted with the opportunities it has presented her...such as her job of checking out and helping to maintain various hiking trails throughout the county.

"Sanders County has a wide variety of hiking trails for the beginner to the expert hiker," she said. Some are classified as "easy" or "moderate," while others are termed "difficult" or "strenuous." The differences, she says, generally deal with the amount of vertical elevation, along with the length and condition of each trail.

Thurston brought with her several trail maps from sources like Scotchman Peaks Wilderness Area and Cube Iron Cataract Coalition, both of which strive to maintain wilderness status through responsible management by the government and the public.



Juli Thurston



Websites for more information on hikes in Northwest Montana

Here are several websites that would be of interest to hikers in Sanders County. They are:

www.cubeironcataract.org

www.scotchmanpeaks.org

www.wildmontana.org

<https://www.alltrails.com/us/montana/thompson-falls>

Sanders Counting Hiking Trails which is

<https://www.facebook.com/groups/269044190987074>



Whitepine Grange #102 presents . . .

Hometown Heroes:

Sanders County Ambulance & E.M.T. Services

Tuesday night, July 26, 7pm

Whitepine Grange

**Meet members of the local ambulance crews.
And hear their stories.**

Find out...

- What are the requirements for being an EMT?
- Who are good candidates for this type of service?
- What's the difference between EMTs and Paramedics?
- How are these programs funded in Sanders County?
- How can we as citizens help the ambulance crews do their jobs?

Just come to this meeting **to learn AND to SAY THANKS** to these folks who are always there for us. Let's show them our appreciation!

This meeting is free of charge and open to the public. Whitepine Grange is located on the corner of Hwy 200 and Faro Lane, near MM38 between Thompson Falls and Trout Creek. Presentation will follow a brief monthly business meeting of Whitepine Grange #102





Application for Individual Subordinate Grange Membership

To the officers and members of _____ Whitepine _____ Grange No. 102
(Please Print Grange Name)

I _____ respectfully petition to be initiated and enrolled as
(Please Print Your Full Name)

a member in your Grange. In presenting this application, I am influenced by no motive other than a desire to unite with others in elevating and advancing the interest of my community through the principles of the Grange and receiving in return such benefits and advantages as may accrue to all who belong to the Grange. I promise a faithful compliance with the By-Laws of this Grange, the By-Laws of the State Grange of Montana and the Constitution and By-Laws of the National Grange. I have not applied for and been rejected for membership in any other Grange within the past six months.

Mail with payment to: Whitepine Grange, PO Box 1313, Trout Creek, MT 59874

Signature: _____ Date Signed: _____

Application fee \$ none (must accompany application) Annual Dues \$ _____
Individual Adult \$35, Family \$70

Recommended by 1: _____ 2: _____

This Section must be completed by Applicant			
Street Address:		City	State
			Zip Code
Date of Birth:	Phone Number ()	Email Address	
Occupation (if retired, please list occupation you retired from)			Retired? <input type="checkbox"/> Yes <input type="checkbox"/> No

This Section for use by Subordinate Secretary Only			
Application Received On:		Application Voted On:	
		Applicant Obligated On:	
Application Fee Received On:		Amount of App Fee Rcv'd: \$	Amount of Dues Rcv'd: \$
Dues Received On:			
Type of Membership: <input type="checkbox"/> Fraternal <input type="checkbox"/> Affiliate	Gained By: <input type="checkbox"/> Application <input type="checkbox"/> Demit	If gain be Demit or if Affiliate, list home Grange	
Reported to State Grange: <input type="checkbox"/> Q1 <input type="checkbox"/> Q2 <input type="checkbox"/> Q3 <input type="checkbox"/> Q4 of 20_____			

This Section for use by State Secretary Only		
Application Received On:	Enrolled On This Date:	Member Number Assigned: