

# CONNECTICUT GRANGER

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April 2024

## From the Master's Desk



Robert Buck State President Bethlehem Grange No.121 president@ctstategrange.org

Grange Strong: Rooted. Resilient, and United. This is National Grange President Chris Hamp's new theme for 2024-25. It is what we are and continue to be. We have proud and strong roots in history and modernity, we are resilient and can change with the times, and we are rooted in our communities by what we do. The Connecticut State Grange won the NG Cultivator Award for putting on our Leadership Academy which will be continuing into version 2.0. The State Grange was an Honor Grange due to membership gains and a Grange Builder for sponsoring Junior and +1Junior Granges. You can all be proud of what you do for your communities.

Some of Sister Chris Hamp's monthly bylines have been "Stronger tomorrow than today" for that is what we aim to be. Consider "Good isn't enough" in that we can always strive to do more and better and exceed the minimum. This month, it's "Raise the bar" in the continued push to improve what we do.

National Grange conducted a study showing the cancer disparities faced in rural areas and has urged legislators to pass the Nancy Gardner Sewell Medicare MultiCancer Early Detection Screening Coverage Act (S2085 and HR 2407). This Act requires Medicare to cover a simple blood draw that would detect multiple cancers. This bill would save many lives lost to cancer that is treatable if detcted early enough. The Agricultural Census covering 2017-2022 results are out. The number of farms has fallen 7%. The average age of ranchers and farmers has risen slightly to 58.1. The amount of farmland has declined by 20 million acres from 900M to 8880M. Dairy operations fell 39%, beef cattle operations fell 21%, but chicken raising operations rose from 7211 to 7406.

There is pending legislation on labeling of plant based meat substitutes and lab grown meat products. The renewal of the Farm Bill has been delayed in Congress. As you can see from this, we live in a changing world where less farming operations are being called on to produce more agricultural output. This all has its economic effects.

Yesterday, I attended the FFA Leadership Training Luncheon at Aqua Turf in Southington as one of six special guests. Also present was CT Commissioner of Agriculture Bryan Hurlburt, CT Farm Bureau Director Joan Nichols, representatives of Farm Credit East and others. I sat with six freshmen from the Shepaug Agriscience program. I told them about the Grange and asked questions about their school experiences while they asked me questions about

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### **Notes from the Central Office**

Todd A. Gelineau, State Secretary

In March, we sent out an e-notice to all members regarding fraudulent websites. There are numerous websites out there that look like the official State of Connecticut websites for services like the Secretary of State. Please be certain the website you are using is actually the State of Connecticut and not a fraudulent site or a site developed to sell you services to complete or file forms for the State of Connecticut.

When filing your Annual Report with the Secretary of State, the fee is \$50. That's it... just \$50. One of these sites is charging \$250 for the priviledge of filing through their website not knowing if it will actually be posted to the State of Connecticut.

We also remind you that your annual Executive Committee reports are overdue to the State Grange Office. Only a small handful of reports have been sent in. If you cannot find your form, please let me know.

In the coming weeks, a mailing will be sent out to Granges with the officers list to be completed after your elections in May/June. Please complete and return it to me regardless of whether or not you have a full ...Continued on page 2





# From the Master's Desk

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my Grange duties and Optometric profession. After a nice lunch, I took part in a panel of the invited special guests and we each gave our answer in turn to four questions selected by the MC but posed to us by the students. These covered such topics as the lowest point in each of our careers (quite thought provoking), our ideas on the importance of agriculture, and why we felt the necessity to join them for this event





WW II Flying Fortress "Connecticut Granger"

#### STAFF

President/Editor . . . Todd A. Gelineau Vice President . . . . . . Terri Fassio Treasurer . . . . . Jody Cameron Secretary . . . . . . Noel Miller

#### **DEADLINE/CORRECTIONS**

News is due on the
15th Day of each month
and should be sent to:
Connecticut State Grange
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P.O. Box 3
Winchester Center, CT 06094
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P.O. Box 1134, Sharon, CT 06069
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POSTMASTER: Send address changes to: Connecticut Granger, 100 Newfield Road, P.O. Box 3 Winchester Center, CT 06094 (other than the invitation). There were over 200 present from the 26 Agri-science school in our state. The Grange was instrumental in supporting the Smith Hughes Act of 1917 which led to transforming agricultural education. In 1926, the first National Congress of Vocational Agricultural Students was held in Kansas City, Missouri, and in 1928, The Future Farmers of America was founded in the same city.

As a matter of housekeeping, it is (past) time for Granges to be submitting the annual Executive Committee reports for 2022-23 to the State Secretary Todd Gelineau. Only eight have been turned in. Those received seem to indicate Granges in good financial condition which is inspiring. If your Grange has not completed or turned yours in, please do so as soon as possible. It helps us to know the financial condition of Granges.

On the subject of changes, due to some problems faced by North Carolina State Grange in hosting the National Convention in Charlotte in 2025, the event will be held on an ABC (Aruba, Bonaire, and Curacao) eight day cruise departing from Miami. The new National Grange administration has a committee which has been reviewing past National Conventions and taking input on what Grangers felt was good and bad and thinking about new "out of the box" options. Thus we are going to try something that has never been done before.

Lecturer Dave Roberts has initiated the Reaching Rural Surgical Seniors program from National Grange with a Zoom kickoff featuring Joan Smith who is spearheading this initiative. Joan also heads the National Grange Foundation. This program provides information for seniors preparing for surgery with templates to help them explore their options. There are also workbooks available for life

and asset and will planning. Much information, leaflets and resources are available to be distributed to the public.

The membership committee is working with several Granges. Groton Community #213 and Stonington #168 will be merging soon. They are going to help rejuvenate and rebuild Wolcott #173. Cawasa #34 is exploring their options.

Inspections of Granges are under way and going well. Vice President Ted Powell is overseeing that all will be inspected. Subordinate inspections revolve around the deputy visit and completion of a questionnaire. Pomona Grange inspections will be done as they have been traditionally with the numerical scoring. By the way, If anyone is interested to be a CSG Deputy, give me a call. We could use one or two more to lighten the load. This year, I want to re-instate the Honor Grange and Honor Pomona Grange Awards.

From this standpoint, spring is but a few days away and I can feel it in the air. The sun is warmer and the birds are singing more vigorously as they look for mates. Wildlife is coming out too. With all this energy about and the change od season, I encourage you to think outside the box and try new ideas in your Granges.

### **Central Office**

Continued from page one...

election this year. We would like to have all forms in hand by September 1st to enable us to prepare the new Directories for distribution as soon after State Session as possible.

Also included will be an order sheet for Dues Receipts. Again, please send it back as soon as possible regardless of whether or not you need them or if you have received them in the past.

Receipts for the annual filing of 990s should have been receivedplease keep them in a safe place.

Until next time-- enjoy Spring!

#### Connecticut Originals...

# **Charles Goodyear**

Charles Goodyear left school at age 12 to work in his father's hardware store in Connecticut. At age 23 he married Clarissa Beecher and soon afterwards the couple moved to Philadelphia, where Goodyear opened a hardware store of his own.

Goodyear was a competent merchant, but his passions were chemistry, materials science, and invention. In the late 1820s



he became particularly fascinated with finding and improving practical applications for natural rubber (called India rubber). His experimentation would change the world, but Goodyear's path to success would be challenging.

In 1830, at age 29, Goodyear was suffering from health issues and his rubber experiments (which he had funded by borrowing) had not been successful. By the end of the year his business was bankrupt and he was thrown into debtor's prison. It was an inauspicious beginning to his career as a scientist and inventor.

The principal troubles with finding commercial applications for natural rubber was that the material was inelastic and was not durable, decomposing and becoming sticky depending on temperature. Goodyear was determined to find a chemical solution to overcome those issues, beginning his experiments while in jail. After numerous failures, his breakthrough came when he tried heating the rubber together with sulfur and other additives. In 1843 he wrote a friend, "I have invented a new process of hardening India rubber by means of sulphur and it is as much superior to the old method as the malleable iron is superior to cast iron. I have called it Vulcanization."

Goodyear filed his patent application for vulcanized rubber on February 24, 1844 (one hundred eighty years ago today) and the patent was issued four months later. It is thanks to vulcanization that rubber can be used to make tires, shoe soles, hoses, and countless other items. It was one of the most profoundly important technological achievements of the 19th century.

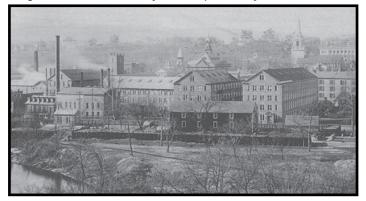
So, Charles Goodyear became wealthy as a result? Unfortunately, no. He continued to struggle financially for the rest of his life, embroiled in litigation with other inventors over the validity of his patent, preventing him from profiting from it. Meanwhile, his wife Clarissa contracted tuberculosis and much of the family's income was devoted to her medical expenses and extensive travel in search of a cure. Clarissa died in 1848 at age 39, leaving six children, between the ages of 4 and 17.

At age 54, while still struggling to defend his patents and commercialize his invention, Goodyear married 40-year-old Mary Starr (who had not previously been married) and the couple would go on to have two children together. It too was a happy marriage, but Goodyear was not destined to long enjoy it.

Suffering the adverse effects of years of exposure to dangerous chemicals, Goodyear collapsed at a hotel in New York City on July 1, 1860, dying later that day. At the time of his death, he was 59 years old, penniless, and deeply in debt.

The Goodyear Tire and Rubber Company, founded in Akron, Ohio by Frank Seiberling nearly 40 years later, was named in honor of Charles Goodyear. Neither Charles Goodyear nor anyone in his family was connected with the company.

Reflecting on Goodyear's achievements, the historian Samuel Eliot Morrison wrote, "The story of Goodyear and his discovery of vulcanization is one of the most interesting and instructive in the history of science and industry." But, as he added, "It is also an epic of human suffering and triumph, for Goodyear's life was one of almost continuous struggle against poverty and ill health." Goodyear himself was philosophical about his failure to achieve financial success, writing that he was not disposed to complain that he had planted and others had gathered the fruit. "The advantages of a career in life should not be estimated exclusively by the standard of dollars and cents, as is too often done. Man has just cause for regret when he sows and no one reaps." – From "A Daily Dose of History"



The Goodyear Metallic Rubber Shoe Co., c. 1890, two years before the company merged with eight others in Naugatuck (CT) to form the United States Rubber Co.

CT Insider

#### Did You Know?...

In 1936, chemists at the U.S. Rubber Company's plant in Naugatuck, Conn., came up with a knit fabric backing coated with polyvinyl chloride (PVC) that was an excellent leather substitute, named Naugahyde, after the location at which it was developed. Naugahyde, now manufactured by the Uniroyal division of Michelin, still enjoys a huge market that's shared with its many imitators. – *From The Mercury* 

# **Taghhannuck Birthdays**



Taghhannuck Grange is offering Cake Kits for free to anyone who may need one. We have 12 available on a first come first serve basis. It includes everything to bake a cake plus some extras. Please contact Debbie @ 845-418-9755 or email us taghhannuckgrange@gmail. com. Members are shown making the kits at a recent meeting.



### **Redding Grange Seed Swap**

Redding Grange held it's third annual Seed Swap on March 24 with special thanks to Susan Clark and Redding's members for making the event a success once again.



CONNECTICUT STATE GRANGE

**VIRTUAL SOCIAL HOUR** 2024 **SCHEDULE** 



You don't have to be a Connecticut **Grange Member** to attend!

JULY

Let's Share Our **Favorite Recipes!** Thursday, July 25 7:00 PM

**Potluck Primer:** 

**APRIL** 

A Special Zoom: Update on the CT State Grange **History Book Project** 

Thursday, April 11 7:00 PM

MAY

**Blooming Time! Home Gardening** in Connecticut and Bevond

Thursday, May 30 7:00 PM

**SEPTEMBER** 

What is "AI"? **Grange Benefits Using Al Technology** 

**NOVEMBER** 

**Marketing** 

**Experimentation:** Thinking Outside

The Traditional Box Thursday, Nov. 21 7:00 PM

JOIN US FOR A FUN AND CASUAL SOCIAL GATHERING. A BRIEF PROGRAM WILL BE PRESENTED. Send an e-mail to information@ctstategrange.org for the Zoom Meeting Access Information

### **Legislatively Speaking**



Noel Miller Legislative Director Coventry Grange #75 millernoel434@gmail.com

We have lost a great friend and member of the State Grange family, Gordon F. Gibson. He joined the Legislative Committee under my father William A. Miller, and had a great knowledge of land acquisition and farm bills. He encouraged the State Grange to partner in Working Lands Alliance, a private fund that purchases farm development rights, and a membr of Farmland Trust, a State program that purchases farm development rights. Gordon also assisted Granges with land acquisition on DOT projects.

Gordon also was very involved with the Wapping Fair in South Windsor, CT, with set-up, parking, grounds operations and clean-up. He was also active in the Rockville Vo-Ag program as an advisor for incoming students. He was Master of North Central and East Central Pomona, and was a scary Spector for the Fifth Degree.

Gordon was a great asset during

State Sessions as a debator, session committee chair, and as a person to correct grammar errors in resolutions.

Gordon, may you meet up with George Ward and other fellow Grangers in the Great Grange Above. Thank you for the pleasure of working with you.

After the Super Tuesday Primary, Biden and Trump will be the nominees for the 2024 Presidential election.

I saw an interesting article on a computer program that is being tested for fine-tuning the market price for corn, wheat and soybeans. This program allows the contracts to be fine-tuned according to what the lowest price to be paid to farmers so that the buyer can make the most profit. If this is true, then farmers will always be dealth the losing hand, and will never se a fair deal for the hard work they do for feeding America. We have seen this in the livestock industry where the top 5 processors have talked with each over to set prices at the sales barns, imit or restrict animals in the feedlots, slowed down the slaughter line to reduce supply, even during great demand, and shut down plants



Noel Miller greets Lieutenant Governor Susan Bysiewicz at Ag Day at the Capitol.

to cause spikes in the pricing. If this is the plan for our farmers that old song "My wife got the goldmine and I got the shaft," only the farmers are getting the shaft, again.

The Supreme Court will be reviewng the 1984 decision, Chevron USA v. Natural Resources Defense Council. A group of New Jersey fishermen have complained that the US Government's policies violate fishermen's rights by asking them to report information on fish numbers and locations of fish to better manage the fish populations. Big money is funding these fishermen so that if overruled the courts will dictate policies rather than the science that is available by the agencies who are the watchmen of our resources. If overruled, then the safety nets that the agencies offer will be stripped of their power to protect all of us. Why should judges replace scientists who have the knowledge and facts for the good of man. Watch closely for the rich who will inherit the earth.

L to R: State Overseer Ted Powell, Aili McKeen and Leg. Director Noel Miller pose in front of the State Grange booth at the State Capitol Ag Day.



The views and opinions expressed in this column are not necessarily those of the Connecticut Granger or the Connecticut State Grange.



### **Eye on Communications**

GLEANINGS FROM YOUR STATE PUBLIC RELATIONS TEAM

### Do you know the "Grange Basics"

By Terri Fassio, CT State Grange Public Relations Co-Director

### Who, What, Where, When, Why and How?

These are the six basic questions that are taught in English classes to help students learn and understand situations, thus giving them the ability to think and write in context. Do you know the answers to these basic questions when asked about your Grange?

WHO — Who are you? This is most often the name of your Grange, yet can also apply to the origins of your Grange name. Is your Grange named after the town in which it resides, or does it have another historical significance? Other aspects to this question apply to members, as well as to the group in which the Grange serves. Who are Grange members? The core membership is what often sets the Grange apart from other organizations.

WHAT — What is THE Grange? What is YOUR Grange? What is the National Grange? ... the State Grange? ... the Pomona Grange? There are many answers to these questions based on the context in which the question is asked. But ultimately, you should be able to succinctly and clearly be able to describe the function of your Grange and the activities and projects that it undertakes.

WHERE — Where is your Grange? Yes, this is the specific PHYSICAL address of the meeting location of your Grange (or event location in some instances).

But it can also be a less specific community-based area that your Grange covers. This is often called a "target area."

WHEN — When does your Grange meet? When is your Grange's event? These are the most common questions you may have to answer as a Grange member. Every Grange must meet at least once a month. In most cases, these meetings are planned ahead of time on a consistent and specific schedule. Grange members may not commit to memory every Grange meeting date, but should at least be able to answer the meeting question easily (such as the first and third Fridays of each month.)

WHY — Why does your Grange exist? Why does your Grange tackle certain community service projects? Why should others care about vour Grange? This is where a Grange Mission Statement may make answering the question an easier task. The CTState Mission Grange Statement is as follows:

"The mission of the Connecticut State Grange, a fraternal organization with roots in rural and agricultural history and the Grange ritual, is to serve as the unifying and supportive organization of community and district Granges in programs of community service, family activities, legislation, and other activities relevant to local communities."

HOW — How will your Grange implement its projects, activities, and even its mission? "How" fills in the blanks. It's the background research and the tools used. "How" explains all aspects used by your members to carry out community service projects, family-oriented activities, meetings, etc. in which your Grange is involved.

In most cases, the answers to these questions are quick and easy - a couple of sentences at most. Granges need to make an effort to educate their members in the basics. When Grange members can talk "Grange Basics" - then they are the front line of your Public Relations and Communications team.



FOR MORE INFORMATION GO TO GRANBYGRANGE.ORG
(DECISION OF THE JUDGES IS FINAL.)

# Join us at Lecturer's Conf.



Dave Roberts State Lecturer Riverton Grange No. 169 Lecturer@CTStateGrange.org

The 2024 North East Lecturers Association (NELA) Conference will be held June 21-23 at the Holiday Inn, Norwich, CT. This Conference has not been held in over five years, so this is an awesome opportunity right here in Connecticut for all Grangers and want-to-be-Grangers to join together for some great food, fun, education, and relaxation. Our event is open to all and we hope you will consider registering today at https://sites.google.com/view/nelcgrange/home?authuser=2.

As Connecticut is hosting this conference for the North East Region this year, we chose to host it at the Holiday Inn in Norwich; the same hotel as Connecticut State Grange Annual Convention. The room rate is \$139 per night, which is less expensive than if you contact this hotel directly and very reasonable for this shoreline destination right before the July 4th holiday weekend.

#### Fun Night Friday - June 21

Registration for this conference is only \$30 per person for which each registrant can attend all non-meal events, receive a Seven Strong tote bag loaded with gifts from all seven State Granges, and one complimentary Lecturers Program book. Additional Lecturer Program Books will be sold for \$10 each. Our registration table will open at 4:00 PM on Friday, June 21st, and we will also be offering an impactful service project for you to support. Dinner is on your own and then we will have our Spirit Night Extravaganza starting at 7:00 PM in the Chelsearose II ballroom with all seven state Spirit Teams parading into the ballroom. There will be a special prize for the most spirited team! All Connecticut State Grange members are asked to wear the color ORANGE, which is our state Grange color for the welcoming ceremony. Following the opening activities,

the rest of the evening is set aside for Game Night hosted by NELA President Matt Clark, Judy Doyle and myself. Each state Grange will offer a game to participate in and to win prizes. After the games, North East SHIPmate Kelly Riley will offer Kahoots to play for prizes. And if you still have energy, a complimentary shuttle bus will leave the hotel at 9:00 PM for Mohegan Sun Casino; but you must be back to our hotel on the 2:00 AM shuttle.

#### Satisfy your Yearning for Learning Saturday – June 22

You'll wake up refreshed to start the day at 8:00 AM with a \$10 buffet breakfast in Laurel/Rose room. State Grange Lecturers have chosen



to subsidize both buffet breakfasts and our buffet pizza lunch so that our conference can be as economical for you as possible/

At 9:00 AM, we will begin our conference Opening Session the Chelsearose II ballroom with a Call to Order by NELA President Matt Clark, a Roll Call of attendees by State, Pledge of Allegiance, and our keynote presentation by National Grange Foundation Board Chair Joan C. Smith. Following the keynote presentation, at 10:00 AM, Workshop #1 will by focused on "Membership" and hosted by Rhode Island State Lecturer's Department. At 11:00 AM, Workshop #2 hosted by Massachusetts State Grange Lecturer's Department focused on "Harnessing AI to Our Advantage, Promoting the Grange in all Media".

From 12:00 Noon – 1:00 PM, we will enjoy a Buffet Pizza Party

in Chelsearose II for just \$10 per person. Following lunch, at 1:00 PM., Workshop #3 hosted by New York State Grange Lecturer's Department will focus on "How to Market Your Grange". At 2:00 PM, Workshop #4 hosted by Maine State Grange Lecturer's Department will be offered on "Community Service".

At 3:00 PM, for those who pre-registered, we will offer a complimentary tour of U.S. Coast Guard Academy. We will carpool about 20 minutes to the academy and the first stop is the gift shop. Following an opportunity to purchase souvenirs, we will then participate in a one-hour tour.

At 6:30 PM, we will head back to the Chelsearose II ballroom for our Celebratory Banquet and Entertainment. This banquet costs \$45 and you will have three menu choices (pork, pasta or fish). We will hold a Gift Baskets drawing and an opportunity drawing after dinner and then have some fun entertainment. And if you still have energy, you can leave the hotel at 9:00 PM for an optional complimentary bus trip to Mohegan Sun Casino.

#### "Send-off Sunday" - June 23

Today our final day together begins at 7:00 AM with our \$10 Buffet breakfast in the Laurel/Rose room. At 8:45 AM, we will offer an optional worship service by Charles Dimmick, Connecticut State Grange Our first workshop Chaplain. will be at 9:30 AM hosted by New Hampshire State Grange Lecturer's Department on the "Heirloom Program". At 10:30 AM, Workshop #6 hosted by Vermont State Grange Lecturer's Department will be offered on "GRIT". At 11:30 AM, we will offer some closing remarks and then pass the gavel from Connecticut to the New York State Grange Lecturer who will be hosting the 2026 NELA Conference in New York. We promise to have you out of the hotel and on your way by 12

We hope you share this information widely and encourage folks to attend this low cost, high output conference right here in Connecticut. If you have any questions, please don't hesitate to contact me at either Granbydavidroberts@gmail.com or 860-469-5067. SEVEN STRONG!



#### **EASTERN CT POMONA #14**

Corr: Carol Hnath

May 4: Fifth Degree at Killingly Grange Hall, 7 pm

At our March meeting we held a moment of silence in respect for Gordon Gibson, Mary Medbery, and Richard Hermonot who have passed away. We had a discussion concerning attendance and voted to schedule a cruise to view lighthouses. We plan to invite others as soon as we have more detailed information. We are hoping for candidates for the Fifth Degree in May. Please note that our Pomona meeting on June 1 will be held at the Coastal Masonic Hall in Stonington which is a change from the handbook.

#### **SENEXET GRANGE #40**

Corr: Diane Miller

**April 24**: A Little Humor is Good for You-National Humor Month

Our Grange continues to meet regularly. We had a very nice American Chop Suey dinner fundraiser and will have another dinner in March. There are many ideas in the planning stage. We certainly welcome ideas from our members and others. Other groups continue to use our hall for Yoga. Line dancing is very popular in the upstairs hall. We are watching our pollinator garden start to grow. This is very visible from the road. All of us want to see that the environment continues to benefit us all. We

will have a team on the roads for community cleanup day March 24 thru April. Lots to do in Woodstock for residents and others. The Town Recreation Committee works with great ambition to get programs for all ages. We are proud to be part of it. Thanks Amy. The hall is an ideal location for many programs. Join us on the first Saturday of each month for a community conversation and coffee at 10AM. Many ideas to be shared.

#### **COVENTRY GRANGE #75**

Corr: Noel Miller

**Apr. 4:** Shower to Flowers 7:00

At our last meeting we draped the Charter for Charlie Lussier a 51year member, would left us too quickly. We are starting to bring our hall back into an open space one trash bag at a time.

We will hold a tag sale in May. Happy Spring!

#### **KILLINGLY GRANGE #112**

Corr: Penny Bennett

We are having fish dinner every Friday during lent. Come join us!! It has been reported that is delicious. We offer baked or fried fish, with the choice of baked or French fries potatoes. Iti is held from 4:30 to 6:30 pm come early because we are known to sell out.

Ken Atkins and the Honky tonk band perform again on Saturday March 9 to a fun filled audience. If you like to square dance join us the first Saturday of every month.

We are having a beginner sewing class starting March 24

We are a busy Grange, and we are always interested in getting new members.

We like everyone else is looking forward to Spring!! warm weather, Beautiful flowers and fresh vegetables. Chicken barbeques, hotdogs and hamburgers on the grill, outdoor farmers markets and so much more. Come and visit us and

find out what we are all about.

### NORTH STONINGTON COMM. GRANGE #138

Corr: Nancy R. Weissmuller

**Apr. 12:** Revolution! We are now the USA

Apr. 26: Community Citizen and honoring members

We continue to learn about the beginnings of our country through Sue's programs. At our meeting in February we were given papers listing Acts (ex. Stamp Act) passed by England that led up to the Revolutionary War. We were asked to pin each "Act" to a rope stretched across the hall in the order in which they were passed. Again we failed, but it was fun trying. After members read about each Act we placed them in their proper order. Sue then told us the true story of Paul Revere's ride and the "Shot Heard Around the World."

We will honor our Community Citizen (Please come and help us celebrate this special person) and present seals and certificates to longtime members at our April 26 meeting. We hope to see a big crowd there. And if that darn squirrel will please stop building her nest in our wood stove, next time we will tell you all about merry March.

#### **VERNON GRANGE #52**

Corr: Irene Percoski

**April 5:** Membership Committee Invited

May 3: Coventry comes with the program. Ref. Claudia & Dawn

**June 7:** Short Program – Election of Officers – Ref. Charlene

The Family Activities Committee provided a good program in March. Lots of news of coming events and some very interesting facts and jokes about snowmen. Did you know that the biggest snowperson was created in Bethel Maine in 2008. It was 122 ft Tall and had 27 foot pine trees for arms. Car truck tires were used as eyes and car tires were used to form the mouth and buttons. It finally melted in July.

In April we are back in the Hall

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as we wait to meet the membership Committee. Like many other Granges we are aging and need ideas to attract new members, especially younger ones.

This is a plea for those members who haven't been able to or just don't want to attend meetings. Please come in and support your grange. If you want change, staying home won't make it happen. If you want programs about things that interest you, let us know. If you are not happy, tell us why. Sitting home in silence accomplishes nothing. Come to the next meeting and bring a friend. The welcome mat is waiting for you.

In closing I want to extend condolences to the family of Gordon Gibson, he was not only a friend and mentor, he was a well-respected member of the State Grange Executive Committee and no one was better in teaching the proper way to write a resolution. He will be missed.

# Q Fever: Are you and your farm at risk?

by James "Cricket" Jacquier; re-printed from Hoard's Dairyman

I've been a dairy farmer for almost 50 years, and as many in the industry know, farm work must be completed even when you're at your worst. That was true for me until I began experiencing extreme fatigue, headaches, and chronic bone and muscle pain in my legs and hands that left me bedridden some days. This was followed by shortness of breath, which lasted for two months where it was very difficult to even talk.

The symptoms I was experiencing are what I would imagine an extreme case of Lyme disease to feel like. For over a year, I met with multiple doctors who had no answers while my symptoms continued. Finally, I was referred to an infectious disease doctor who ran several tests to see if we could find the root of the problem.

#### Uncovering the cause

In 2022, I was diagnosed with a disease called chronic Q fever, which is caused by the organism Coxiella burnetii. I found that Q fever is a zoonotic disease, meaning that it is transmissible between animals and humans. People can be exposed in a few different ways, including the consumption of contaminated raw milk and contact with an infected animal's feces, blood, placenta, or birthing fluids.

Since I stopped drinking raw milk more than two decades ago, the most likely route of transmission in my case was while I assisted cows during calving. I was told Q fever is an extremely rare disease and likely no doctor in the United States has diagnosed it in even two patients.

Q fever isn't a hot topic among veterinarians and dairy producers because it rarely causes noticeable clinical signs in animals. Most human infections are associated with small ruminants, but cattle can be a source of infection, along with cats, dogs, ticks, and other animals. In cattle, sheep, and goats, the infection is called coxiellosis.

Infected livestock may shed Coxiella organisms in their milk, urine, feces, and birthing fluids. Infected pregnant ruminants can shed high numbers of this organism at birth or during an abortion, especially in the amniotic fluid and the placenta, which are expelled during the birthing process. This excessive shedding poses a high risk of exposure to other animals and humans.

The disease is associated with late pregnancy abortions, stillbirths, and early neonatal mortality in sheep and goats. U.S. seroprevalence studies found almost a quarter of goat operations and 12% of sheep operations had evidence of current or past Coxiella burnetii infection,



while research from Canada showed about half of sheep and goat operations had been exposed.

#### Difficult to detect

Could your cows be infected with Coxiella? The answer is likely yes.

Cattle usually don't show any clinical signs of disease. Three U.S. studies conducted in the early 2000s evaluating bulk tank milk found that between 80% and 95% of farms had evidence of previous coxiellosis infection, with larger farms more likely to have evidence of infection. Managing the disease in cattle is difficult, and no vaccines are currently available in the United States. People working with cattle are the most likely to be impacted by the disease.

In the United States, cases are reported based primarily on human and/or animal laboratory diagnosis of active infections or reports from producers and/or private veterinary practitioners. In livestock, the USDA definition of a suspect case of coxiellosis includes an "abortion storm in sheep or goats epidemiologically linked to confirmed cases of human Q fever." Currently, coxiellosis is a reportable disease in most states and is also monitored on a national basis.

#### Prevention on dairies

Q fever infection in humans causes a variety of symptoms ranging from mild fever to serious, life-threatening complications, including abortion. The infection can be worse for individuals who have a weakened immune system, pre-existing valvular heart

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### Q Fever

Continued from page nine...

disease, or are pregnant.

The Centers for Disease Control (CDC) reports 150 to 200 human cases identified each year, with most of these cases occurring in people working at farms, slaughterhouses, and animal research facilities. The diagnosis of Q fever can be challenging for physicians and relies mainly on clinical suspicion and blood tests. Although antibiotics are used to treat Q fever infections, prevention remains the best approach for dairy farmers.

Humans become infected with Q fever by inhaling droplets with the bacteria, by skin contact, or by ingesting contaminated food or water. Coxiella is highly infectious, and exposure to a single organism via inhalation can cause an infection in humans. Certain precautions can reduce the risk of Q fever infection.

One way to greatly reduce exposure to this organism is by avoiding direct contact with animals giving birth, birthing products, and newborn animals. This is especially true for immunocompromised individuals and pregnant women, who should avoid all contact. Unfortunately, this is not possible for all personnel on dairies and other livestock operations.

If calving assistance is necessary or, more importantly, when handling fluids or material associated with an abortion, wearing personal protective equipment such as a well-fitted N95 mask, eye protection with goggles, gloves, and protective outerwear may reduce your risk of Q fever infection. Additionally, promptly disposing of birthing

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products and cleaning and disinfecting the immediate area where cows or other ruminants have given birth helps prevent the infection from spreading.

Proper handwashing and keeping all open wounds covered with waterproof bandages when working with animals also reduces the risk of Q fever infection though skin contact. Pasteurization kills Coxiella burnetii, and consumption of raw milk or raw milk products should always be avoided.

I spent over a year debilitated by Q fever infection, trying to find answers. Eventually, I connected with a Q fever Facebook group where I found there were many individuals around the world experiencing the same diagnosis as myself. Through my own research and by working with my doctor, I was able to find relief and my symptoms have significantly improved since my diagnosis.

If you or someone you know has developed similar symptoms, including flu-like illness with high fevers and severe headaches, they should contact their doctor. They should tell their doctor their occupation and any activity in the past two to three weeks that may have put them at risk of Q fever infection.

If you are diagnosed with Q fever, USDA and state animal health officials are available to assist producers in mitigating the spread of disease from livestock populations to other farms or people. I'm hoping my story can help someone who might be experiencing similar symptoms and raise awareness in the dairy community. We need to bring awareness to physicians so an early diagnosis can be made and dairy farmers like me don't suffer from an undiagnosed Q fever infection.

# **Nutmeg New Members**



Nutmeg Pomona Master Donald Lanoue poses for a picture with the 10 members from Nutmeg Pomona (plus 1 from Eastern Connecticut Pomona) who received the Fifth Degree at the March meeting at Cheshire.



#### **MOUNTAIN LAUREL POMONA #15**

Corr: Todd A. Gelineau

The next meeting of Mountain Laurel Pomona will be on May 4 at Winchester Grange Hall for the conferral of the Fifth Degree. The meeting will begin at 2:00 P.M. All Granges are encouraged to talk to their members about joining Pomona and receiving the degree.

Members are reminded the Pomona Lecturer is collecting childrens books for donation to area children and the books can be brought to the May 4 or the June 1 meeting of the Pomona.

#### **GRANBY GRANGE #5**

Corr: David Roberts

Our next big fundraiser is our 2nd Annual Rubber Duck Race which will be held on Saturday, April 20, from 12 noon to 3:00 PM, at Salmon Brook Park, 215 Salmon Brook Street, Pavilion 2, in Granby. Over \$1,200 in prizes will be offered to the first ducks that cross the finish line. Proceeds will be used to fund preservation of our historic Grange hall. For tickets, please contact Dave Roberts at Granbydavidroberts@gmail.com. \$5 to sponsor one rubber duck or \$20 to sponsor FIVE rubber ducks! GOOD LUCK!

#### **WINCHESTER GRANGE #74**

Corr: Todd A. Gelineau

**Apr. 9:** Solar Eclipse, Ref. by Randy & Kim Carlson

**Apr. 23:** Not Too Much Rain - Please / Country Store, Ref. by Sandy & Earl Phillips

May 14: For Mom, Potluck Supper at 6 P.M.

May 28: Memorial Day Program

(Chaplain), Ref. Pam Wright

The weather was much more friendly to Winchester Grange in March enabling us to have both of our meetings in-person, though we did have a number of absences due to other commitments and illness. We extend our well wishes to our Pianist Mary Lou Keefe and hope she's feeling better and will be back with us at meetings soon.

We welcomed State Overseer Ted Powell to our March 12 meeting for the annual inspection of the Grange. State President Rob Buck was also with us that evening.

At the March 26 meeting, the Grange took up the issue of the continuance of the Strawberry Festival. The Festival has been part of Winchester's "DNA" for generations. Beginning with COVID in 2020, we have missed four years of the festival and it was time to make a decision. After passionate discussion about the event, weighing pros and cons, it was decided to discontinue the Strawberry Festival. The high cost of supplies/ food and the amount of time and members needed to put the event on were the most compelling arguments against it. The Grange did vote to offer the Festival to the Winchester Center Congregational Church if they are interested in "carrying the torch" with this event. We all know that Marion and Bud Beecher, among others would not be happy with this decision but we felt we made the decision that was right for the Grange.

#### TAGHHANNUCK GRANGE #100

Corr: Barbara Prindle

**April 11:** Spring Cleaning In & Out by All Ref: Jill Drew- Note: Begins at 6:00 PM. Bring your own equipment. **April 25:** Block Printing Session for Grange members & friends. Note: Begins at 7:30

May 4: Square & Contra Dance by Dance Committee 7PM-9PM. Suggested donations: \$5 child, \$10 adult, \$20 Family Ref: ALL

**May 9:** Beltane by Debra Tyler Ref: Chris Hopkins

June 1&2: Plant & Rummage Sale 9AM-3PM (Sat. & Sun)

**June 13:** Model A Fun by Mike Taylor Ref: Mike Taylor NOTE: refreshments & Social time at 7PM with meeting at 7:30PM unless otherwise noted.

At our March meeting the CWA/ Family Activity Committee held the judging for the Snowball Cookie Contest. I won, but not by much, which means I get to make them again for the State judging. The judges were brushing a lot of confectioners' sugar off their clothes. As part of the CWA/Family Activity Program, we assembled 12 "Happy Birthday Cake Kits" at our last meeting. We are first offering them on our Facebook page, then if any are leftover, we will bring the kits to food pantries. Thank you to all our members who donated all the "ingredients".

We are again participating in Produce to the People this year, which provides fresh produce to those in need. Grange Members were given free vegetable seeds at our meeting for them to plant extra veggies in their gardens. Then they will give out the extra vegetables to area food banks/pantries.

We are collecting books suitable for pre-school through 8th grade children to add to the Mountain Laurel Pomona #15 community service project. We will deliver the Pomona's books along with what we collected to Heather Mathews who has a bookmobile/mobile library. She gives the books to the children to read and keep.

Recently our Grange Hall has been put to good use while also achieving our goal of bringing new people into our hall. Debra Tyler's Earth Scroll has been put up as part of classes to promote peace and understanding of the earth. So far it has also been used for Buddhist chanting/meditation.

We are having a Craft Night on Thursday April 25th starting at 7:30 in our Grange Hall. During the Block Printing Session we will make cards and journal covers. This is open to all Grange members and invited friends. Using blocks carved to make her Earth Scroll and other projects, Debra Tyler will show us how to use pallet and brayer to spread ink on a block, then print it on card stock Many colors and patterns to choose from. Please let her know if you plan on coming.debra@

Continued next page...

motherhouse.us or 860-671-7945.

#### **BETHLEHEM GRANGE #121**

Corr: Dorothy Fairchild

All our meetings are held at Memorial Hall on the Green on the 2nd Sunday of each month at 2:pm. Visitors are always welcome.

We welcomed Ted Powell, State Overseer to our March meeting. We hope to be able to display, with permission a 1947 Grange plaque.

An appropriate lecturer program for March was entitled "Rabbit" and it was conducted by Eloise Osuch. She provided fascinating rabbit facts, a quiz and chocolate treats. Also, provided materials to craft a rabbit.

We end each meeting with a "Country Store." Our member's donated items are set on a table, tickets are sold and drawn. This is a good way to supplement our bank account.

Coffee and delicious refreshments are served after the meeting.

#### **RIVERTON GRANGE #169**

Corr: Dave Roberts

**April 5:** Meeting & Program: "Young at Heart"; Youth/Junior Committee **April 7:** Honoring Our Veteran of the Month (Barkhamsted Senior Center flagpole; 6:00 PM)

**April 13:** Opening Day of Fishing – Free Breakfast with the Riverton Grange President; 8:00 – 9:00 AM

**April 14:** Makers Sunday; 1:00 – 4:00 PM

**April 28**: Makers and Marketing Sunday; 1:00 – 4:00 PM

Riverton Grange members have been very busy with a number of both fun and impactful activities. We have expanded our new initiative called "Maker Sunday" to twice per month. On the 2nd and 4th Sunday of each month, members and guests will meet at the Riverton Grange hall to work on making homemade items. In April, attendees will be invited to make Quilt Squares for the National Grange Lecturer's Contest. All are welcome to attend.

Our 31st Veteran of the Month ceremony will be held on Sunday, April 7th, at 6:00 PM at the Barkhamsted Senior Center, 109 West River Road. This event is primarily indoors,



The new connector ramp constructed by Eagle Scout Candidate Gavin Lavallee to bridge the gap between the Prelli Memorial Handicap Ramp and the nearby road.

refreshments are served, and it is open to the public; so come experience one of these awesome events honoring our veterans.

A celebrated tradition in Riverton is the annual Opening Day of Fishing; which this year will be held on Saturday, April 13th. Riverton Grange President Dave Roberts is again offering a FREE breakfast at the Riverton Vol. Fire Department to any Grange Member who wants to come between 8:00 – 9:00 AM. The fire house is located at 3 Riverton Road in Riverton (Barkhamsted, CT). This is a great fundraiser for the fire department and another way that Riverton Grange is supporting the community.

Recently, Riverton Grange unveiled a new plaque to honor Eagle Scout candidate Gavin Lavallee who constructed a brick connector walkway for his Eagle Scout project for our Riverton Grange Hall between Riverton Road Annex and the Prelli Memorial Walkway.

Starting in April, our meetings will again by hybrid (in-person and Zoom) and we would love you to come visit. A special shoutout to Connecticut State Grange Vice President Ted Powell who recently visited Riverton Grange Hall and presented us with this awesome antique plaque from National Grange. THANK YOU!

#### **SIMSBURY GRANGE #197**

Corr: Marguerite Smith

**April 11:** Next Simsbury Grange Meeting/Help from local teens to set up for Line Dancing event on April 12th.

**April 12:** Line Dancing event with FREE chili and cornbread

At our March 14 meeting we had a hybrid meeting with a few of us in person and several on zoom. Items discussed: Our 2nd annual seed swap and how to improve it for next year, logistics, cooking etc, for our first ever line dancing event on April 12th with local favorite, Mary Root, Sustainable CT \$\$\$ and how to get more donations, roles for our 2024 annual agricultural fair on Saturday, June 8th, and creating online entry forms for our fair contestants.

Howdy partner! Gather up your best guys and gals and head over to the Simsbury grange on Friday, April 12th. We will be serving FREE chili and cornbread beginning at 6:00 pm and then heading upstairs for a touch of western line dancing from 7:00-8:30. Our local community favorite, Mary Root, will take us through coordinated moves to upbeat and popular tunes. She has lots of experience teaching line dancing so don't worry if you have 2 left feet. You'll have so much fun, it won't matter. Be sure and register through the Simsbury Public Library as we are only allowing a maximum of 75 people. Donations are welcome and additional parking will be at the Farms Village Plaza, 236 Farms Village Rd. West Simsbury. We'll see you there!

### **Youth News**

Exciting News! There will be a Northeast Grange Youth Conference, starting on Fri., July 19 - Sun., July 21 just over the border in New York State. Cost for the conference is \$59 plus cost of hotel room. Hotel rooms start at \$139/night and reservations can be made at https://www.choicehotels.com/reservations/groups/JE54R1. Additional paperwork will be required, please let Youth Director Dawn Anstett know if you will be attending and are interested in competing in any speech, sign-a-song or drill team contests.



#### **CHESHIRE GRANGE #23**

Corr: Ruel Miller
April 6: Awards Night

**April 17:** Yummy Strawberries

We will be honoring Sylvia Nichols, a Cheshire resident for her many activities and contributions to our town at our awards night. It is an open meeting with a reception following the meeting. It is open to the public. We will be putting on a fund raising dinner on April 13th and providing a luncheon for the Leadership Academy on Saturday April 20th. The Academy will be holding an all day session at our hall that day. We have partnered with the Ball and Socket Arts allowing them to use our hall as one of several locations in town to produce a painted collage with a local artist highlighting various Cheshire locations to be displayed at their premises later in the Spring. Our members and those of the public will participate in the production.

#### **WALLINGFORD GRANGE #33**

Corr: Stephen Fengler

Thank you to the Lyman Hall High School Agricultural Program for coming out in March for our lecturer's program presenting about who they are, what they do, and upcoming community activities they'll be doing in the future. Our next Grange meeting is Thursday, April 11, at 6:30pm, at the Grange Hall. All are welcome to attend. We will also have our usual Country Store Raffle consisting of a variety of nice items.

The next fair committee meeting

will be Monday, April 8, at 6:30pm at the Grange Hall. If you are interested in learning more about the fair, have new ideas for it, or are interested in just helping out, please come and join us at this meeting. Some items that will be discussed at this meeting include fair book ads, exhibit category ideas, and fair events. For more information about the fair committee, please contact Kathy Bergonzi at kaubberg@gmail. com or at 203-752-6108.

Results are in from our two fundraisers supporting the Grange in February. At the Pancake Breakfast, we raised \$661! At the Center Street Brewery Fundraiser, we were able to raise \$670!

Thanks go out to everyone who came out in support and to all who volunteered at these fundraisers!

Paint & Tea Party Fundraiser: Join us at the Grange Hall for a new fundraiser involving a Paint & Tea Party occurring on Sunday, April 7, at 4 – 6 pm! Music will be playing at the event by the Acoustic Duo BobbyLoo.

Meatball Sandwich Luncheon Fundraiser: Coming up on Saturday, April 13, 2024, at 12pm-2pm, a meatball sandwich fundraiser will be held as we celebrate the coming of spring! Just like at our first meatball luncheon in January, we will be selling meatball sandwich meals consisting of a hot meatball sandwich, chips, and beverage for \$10. We are planning to have enough for 50 portions. Bring a friend or make a friend here! We will be starting prep for this at 9am that

day.

#### **GREENFIELD HILL GRANGE #133**

Corr: Jim & Lori Golias

It might have been cold outside, but it was definitely warm inside at our January meeting.

Instead of a traditional Lecturer's program, the assignment was "unleash your inner 4th grader".

One table in the hall was covered with self stick hearts, patriotic clip art, flags, sentiments of appreciation, glue sticks, heart doilies, scissors and blank cards. The program was to make "Valentines for Vets", specifically the Veterans in residence at the VA Hospital in West Haven, where, we as a Grange, "partner" to collect snacks, books, magazines, toiletries, and all sorts of other necessities for the Vets there.

The task was not a small one, as there are just under 70 veterans in residence right now. And the members were amazing! The room was filled with creativity and the members cut, and trimmed, and glued the notes together. And it just so happened, that our CT State Grange President Bob Buck was on hand with Hank the Burro as well! All the cards came out wonderful, and hoping they will warm the hearts of the recipients this Valentine's Day!

Save the Date:

Chili Cook Off - April 20, 2024 -Doors open 5:30 pm - Reservations required

Getting to Know your Backyard Pollinators Luncheon - May 18, 2024 - 12:00pm-2pm Reservations



Required. Cal Jim 203.259.8023

#### NORFIELD GRANGE #146

Corr: Steve Porter

April 4: Celebrate Grange Month +

Monthly Meeting

April 27: Live Music Night Featuring "Good Godfrey! Band"

May 2: Scholarship Finalist Interviews + Monthly Meeting

June 6: BBQ Celebration with Scholarship Presentation + Fair Planning & Summer To-Do-List + Monthly Meeting

Spring has Sprung early at the Norfield Grange in Weston - the daffodils, crocus and forsythia are all starting to bloom! It's been a busy March. On the 1st a second successful Live Music event was held featuring "Good Godfrey!" band. On the 11th after a winter hiatus the ever popular Paint Night returned with a new twist painting round wooden "Welcome Boards" for homes, offices, classrooms and more. An enthusiastic group of Norfield Grangers criss-crossed the state supporting local farms and visited 13 wineries over six weekends participating in The CT Winter Wine Trail. They eagerly had their passports stamped in hopes of winning many of the coveted prizes totaling \$6,000. Our next community event is Live Music on Saturday, April 27th (weather permitting) will be held outdoors and a Grange member has graciously offered to stuff the neighborhood mailboxes welcoming them to this event!

#### LYME GRANGE #147

Corr: John Stratton

Blooms and buds, shining bulbs and tasty tubers will come to springtime life at the annual plant sale of the Lyme Grange on Hamburg Road on Saturday, May 11—the day before Mother's Day.

The sale is open to the public without charge and will be held at the historic Lyme Grange building on Route 156 from 9 a.m. through 12 noon. The century-old building is familiar to many as the center of the Annual Hamburg Fair in August,

which, like the plant sale, supports many Grange-assisted community activities throughout the year.

Last year the Fair attracted some 5500 people of all ages for fun and educational activities over a threeday period.

"The May plant sale that's coming up will offer both decorative horticulture and tips for practical food-grade gardening," explained sale coordinator Nancy Beebe. "This year we plan an even greater number of plants which show the diverse growing skills of our neighboring, talented amateurs as well as topranked nurseries. The flowers and vegetables are suitable for planting right at home in your garden," she said.

"Everyone who has a garden as a productive household hobby, or keeps beloved pets or domestic animals, should join us as we build stronger and more viable towns," added Beebe.

"Last year we had a 'growing class' for kids which proved popular, and I'm sure we'll see this again. They are taught by experienced gardeners-who like to see kids learn and have fun."

"Our Grange has been a central support for traditional community events from our founding in 1896, and our people staff and judge many

events and displays here. We can all learn from, and enjoy, one another!"

For more information, contact Nancy Beebe at nbeebe46@gmail. com or 860.304.8202.

#### **HEMLOCK GRANGE #182**

Corr: Maureen Sanborn

Apr. 12: Egg Hunt

Apr. 26: Game Night Social, membership drive at 7:30 P.M. Come enjoy an evening of socializing, playing various table games, a teacup raffle and refreshments. See old friends and meet new ones. Bring family and friends and learn about the Grange.

May 10: Election of Officers

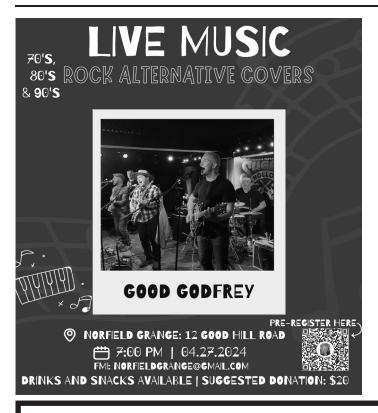
May 11: Hemlock Grange at 17 Sage Hollow Road, Portland, joins the historical society's townwide tag sale 8:30 AM to 2:30 PM. Members can donate items to the Grange tag sale pile. Bring your items to the hall Friday, May 10th, 6:30 PM to 9:00 PM. Or any Grange or member can have their own table. Bring your own table, boxes, bags, etc. Call Betty Jane at 860-267-7512 or Maureen at 860-342-0290 for info/ questions.

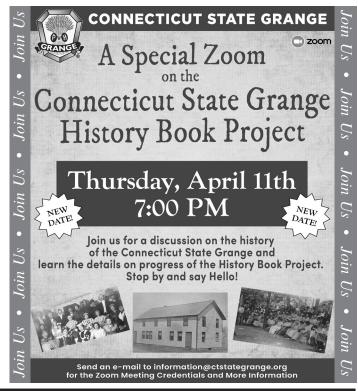
May 24: Omitted unless regular meeting is canceled.

Coffee and refreshments will be served following the Grange meetings.



Paint Night returned to Norfield Grange with "Welcome Boards" on tap.





### WINDOW TO THE PAST

Photographs are a treasured part of Grange history. Many of them, unfortunately, do not come neatly labeled on the back with names, dates, people or places. These photographs have a history to tell... but about whom or what? Please help us uncover the mystery of faces and places as we look through the Window to the Past. You can contact us by calling (860) 626-5074 or on the web by emailing: submissions@ctstategrange.org.



We heard from Kay Ruff (Glastonbury Grange) regarding the photo in the March CT Granger -- "This month I believe the woman on the right is Shirley Patridge, next to her is her oldest daughter Thinking about it Fern. this morning I can not come up with the name of her youngest daughter. do believe Shirley's husband name is Bob and I do believe they belonged to Franklin Grange. Going back to State Master , Robert Mitchell I believe Shirley was mailing the Ct. Granger. If I can bring back the name of the youngest daughter in the next week or two I will send it to you I don't know if they had a name for their "artificial or (dummy)."

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# Praise, Gratitude & Thanksgiving



Charles W. Dimmick State Chaplain Cheshire Grange No. 23 chaplain@ctstategrange.org

Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus'feet and thanked him. Luke, chapter 17

Scripture frequently reminds us to praise God and be thankful to him at all times. Psalm 95, for instance Psalm 95, for instance, starts with:

O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation.

Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. Then we have Psalm 100, sometimes called the Jubilate, which begins:

Make a joyful noise unto the LORD, all ye lands.

Serve the LORD with gladness: come before his presence with singing.

Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

It seems to me that there is a significant difference between giving thanks and being thankful. The first may be only an outward verbal or visual act, while the second is primarily internal, something you think or feel or experience. It is possible to give thanks without that internal component, thanking without really meaning it, but since God sees what is in your heart I'm sure God prefers that we feel thankful internally, whether or not we express it externally.

Being thankful is not only the right thing to do, and good for your spiritual well-being, it turns out that it is also good for your mental and physical health. An article in The Huffington Post from

November of 2012 describes "10 Reasons Gratitude Why Healthv" including it boosts well-being, it makes you a better friend to others. it helps you sleep better. it improves relationships, benefits the heart. and it has been linked to a better immune system."

But we should not only be thankful individually; we should come together with others to share our mutual thankfulness for God's provision for our needs. And as we gather together



to thank the Lord, whether it be in a Church, a Synagogue, or a Mosque, remember also to bless his name, the Lord "Who forgives all your iniquities; who heals all your diseases; Who redeems your life from destruction; who crowns you with lovingkindness and tender mercies."

