



# "Whitepine Whispers"

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

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## Local honey available Nov. 4

Honey is a miracle food, likened to liquid gold. Its health properties are rich and beneficial, especially if the honey is produced locally. Have you ever tasted creamed clover honey, or habanero infused honey, or "bee barf" honey? The variations available from local honey producers are limitless.

You'll get to sample and shop for these rare and exotic types of local honey at Whitepine Grange's **"Taste of Honey" bazaar on Sat., Nov. 4, from 10am to 2pm.** We've invited a bunch of different honey producers from northwestern Montana, and you will have your eyes opened to the miraculous taste and benefits of this local treasure.

The honey bazaar at Whitepine

Grange begins at 10am. Bring the family. See, taste, learn, and purchase. What a golden opportunity to experience the miracle of bees, right here in your neighborhood.



The various honeys and bee products will make ideal gifts for your Thanksgiving dinner hosts and your Christmas shopping list. But most importantly, purchase honey for YOURSELF and begin enjoying the priceless benefits of locally produced honey every day!

## Health Benefits of Local Honey

These eight things will start happening to you if you eat honey every day:

1. Weight loss
2. Clearer skin
3. Lowered cholesterol level
4. Stronger heart
5. Improved memory
6. Promotes quality sleep
7. Cleanses the digestive tract
8. Soothes nerves, alleviating psychological disorders

Locally produced honey can also minimize seasonal allergies. No wonder it's worth its weight (almost) in gold! Local honey can't be compared with honey bought at a grocery store. You can taste and experience the difference!

**Stock your pantry with this superfood on Saturday, Nov. 4, at Whitepine Grange's "Taste of Honey" honey bazaar!**

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**From the Grangemaster:****Neighbors and Friends**

Recently our Grange hosted a presentation by Doug Dryden on self defense firearm use. More than 50 people attended—not bad for a snowy weeknight in rural Montana. It said a lot about the growing concerns of people living in this Last Best Place.

What struck me most about the audience, however, was that nearly everyone there knew each other. Before Doug began his talk, the big room was alive with enthusiastic social banter between neighbors and friends.

That's what happens at the Grange. That's why the Grange exists. It's a safe, decent meeting place for neighbors and friends to gather *face to face* instead of *text to text*.

Yes, it's easy to fall into the "hermit" groove of coming home at night and not wanting to leave the house again until the next day. We're all tired, exhausted and frustrated with the world, and we want to retreat to our caves at night, pull the blinds shut, and watch mindless TV shows or check our Facebook pages. We come up with good excuses not to go back out at night...like the fear of hitting wildlife on the road, the frosty road conditions, and the cataracts that make night driving so difficult. By accepting these excuses, we entrench ourselves further into lives of isolation, loneliness, depression and eccentricity. It's not healthy for us.

We all need face-to-face time with other humans. That time is much more enjoyable if you are in the company of friends and like-minded people. The Grange is the perfect place for neighbors to gather for entertainment, food, socialization and enrichment activities. It's like stitching that binds two pieces of fabric together.

Interaction with neighbors also sets a good example for our children. It's a great way to teach by example that making eye contact with people is better than staring at an electronic screen all day. In fact, we have a FREE CLASS coming up on Thursday, Nov. 16, that will deliver that same message to parents, grandparents, and guardians of young children. **See page 4** for details, and plan to attend!

And while you're there, save yourself a stamp and leave a check for your dues renewals. Yes, it's that time of year. Despite inflation everywhere else, your individual dues are still just \$35 a year, and \$70 for a family. Sign up your whole crew and get them started on a new and healthy family tradition. Did you know children of Grange members can apply for \$1,000 scholarships to trade schools and colleges? **(See page 4.)** Did you know that Grange members may qualify for reduced prices on wi-fi service in your homes? **(See page 7.)**



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

## Whitepine Grange November Schedule

*Dates and activities are subject to change.*

|                 |                                |
|-----------------|--------------------------------|
| Mon., Oct. 30   | Functional Fitness 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  | Functional Fitness 10am        |
| Sat., Nov. 4    | Honey Bazaar 9am to 3pm        |
| Sun., Nov. 5    | Advanced Agility 3pm           |
| Mon., Nov. 6    | Functional Fitness, 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  | Functional Fitness, 10am       |
| Sun., Nov. 12   | Advanced Agility 3pm           |
| Mon., Nov. 13   | Functional Fitness, 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 | Functional Fitness, 10am       |
| Sat., Nov. 18   | CRAFT BAZAAR                   |
| Sun., Nov. 19   | Advanced Agility 3pm           |
| Mon., Nov. 20   | Functional Fitness, 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                   |
| Sat., Nov. 25   | Santa photos, 1 to 3pm         |
| Sun., Nov. 26   | Advanced Agility 3pm           |
| Mon., Nov. 27   | Functional Fitness, 10am       |
| Tues., Nov. 28  | Doggy Boot Camp, Wk 3, 10:30   |
| Tues., Nov. 28  | Home Fire Safety, 6:30pm       |
| Wed., Nov. 29   | Rough & Rowdy 10:30            |
| Wed., Nov. 29   | Rally practice 12:30           |
| Thurs., Nov. 30 | Functional Fitness, 10am       |



**The Grange Christmas Party is Tues., Dec. 19. All members & friends are invited!**

## \$1,000 scholarships available for Class of '24 grads

The Montana State Grange has voted to offer **two scholarships of \$1,000** each to qualified Grange members graduating from high school in 2024.

These scholarships can be used for **trade schools or colleges.**

Recipients must be **current members (individual or family) of a local Grange.**

Whitepine Grange is a local Grange.

Other Granges in Sanders County include Thompson Falls Grange and Nyah (Hot Springs) Grange.

Applications must be complete, and **MUST BE POSTMARKED BY FEB. 25!**

The applications will be available on-line and by request this month.

Please contact [whitepinegrange@gmail.com](mailto:whitepinegrange@gmail.com) to receive an application.

**\$1,000**  
**Scholarships**

## It's Membership Renewal Time

Your Grange membership dues notices will go out in the mail this month. To save you a stamp when you renew, you now have the option of **using this Paypal link below.** It will take you safely and directly to Whitepine Grange's account, where you enter the dues amount and press SEND. It's that simple.

**Even though everything else in our world has gone up in price,**

**ANNUAL GRANGE DUES**

**HAVE NOT INCREASED!**

**Individual Grange dues are still \$35.**

**Family Grange membership is \$70.**

**Here's your Paypal link:**

<https://paypal.me/membersWPG102>

Copy and paste the link.

*Grange membership has its privileges, above and beyond what we offer at Whitepine Grange. As a Granger, you qualify for discounts on insurance, pharmacy, travel, shopping and health care!*

## "Functional Fitness" exercise class meets Mondays, Thursdays

Formerly called "Rockin' Walkin,'" the new workout class at the Grange now incorporates practical exercises to improve balance, strength, posture and agility—the things most seniors need to keep active and injury-free.

The class meets for one hour at 10am Mondays and Thursdays at the Grange. It's a free class, with donations accepted. All equipment is provided. The floor is fully matted. Participants need only bring sneakers and water.

The main emphasis is still on aerobic walking movements set to popular music. No prior registration is necessary. Class leader is Jan Manning. Come have fun with us, and **rediscover the joy of movement!**

### GRANGE MISSION STATEMENT

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

***COULD YOUR CHILD BECOME***  
**ADDICTED TO THIS?**



**Childhood Screen  
Addiction Class**

**Thursday, November 16, 6:30pm**

**Learn the signs, symptoms and prevention**

***Presenter:***

**Melissa Porcaro, BS, OTR/L SIPT**

**Pediatric Occupational Therapist**

**ScreenStrong.org Ambassador**

**Whitepine Grange is on the corner of Hwy 200 & Faro Lane,  
near MM38 between Thompson Falls and Trout Creek**

**For more info about this free class: 406-827-0102**



Third Annual

# “Cornucopia of Crafts”

## Craft and Artisan Bazaar

Sat., Nov. 18

9am to 4pm

at Whitepine Grange

Lots of vendors and artists!

A great time to buy hostess gifts for Thanksgiving!!

Free admission!



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

# Christmas Photos November 25!

Bring the kids and pets to  
Whitepine Grange on

**Saturday  
November 25**

for Christmas card photos  
with Mr. Claus

You'll get professional quality  
photos, delivered electronically  
the next day.

Suggested donation: \$10

All donations are tax deductible  
and help pay Whitepine  
Grange's utility bills!

Hours:

Noon to 3pm

Saturday, November. 25



## Reduced Internet Rates Available through Grange/FCC Program

The Federal Communications Commission (FCC) has launched a new program designed to reduce the internet fees by up to \$30 a month for some rural residents. They have partnered with the Grange organization to publicize the Affordable Connectivity Program (ACP). This discount can be put toward any internet service from any participating provider, including Blackfoot Communications.

If you'd like to reduce your own monthly internet bill by \$30, or if you know someone in our rural area who has difficulty affording internet in their home, please go to the link below to learn how to apply for the "Affordable Connectivity Program."

The Federal Communications Commission's (FCC) Affordable Connectivity Program offers eligible low-income households discounts on the cost of their broadband service and certain devices. FCC reimburses participating internet service providers for providing these discounts.

**SAVE \$30/MONTH  
on home internet  
with the  
government's  
"Affordable  
Connectivity  
Program"**

**Go here to apply:**

[https://  
www.affordableconnectivity.gov/  
do-i-qualify/](https://www.affordableconnectivity.gov/do-i-qualify/)

Note: please copy and paste this link into your browser.

## Tuesday, Nov. 28: Scott Donovan



**“Avoid tragic holiday fires in your home!”**

Scott Donovan is best known around Trout Creek for his delectable smoked meats and pit barbecue provided to local restaurants and individuals.

You probably wouldn't recognize him in his former work uniform (a clown costume), in which he presented fire safety talks for many years to school children all over the country.

He's now retired from a long and varied career in firefighting and has moved from Florida to Trout Creek. He hasn't given up on the desire to share his professional fire safety presentation to the public. He'll do so at Whitepine Grange on **Tues., Nov. 28, from 6:30 to 8pm.** He will probably be dressed as “Pitmaster Scott Donovan,” instead of as a clown, but his talk will still be informative and appealing to all ages. Bring the kids.

Each year, nearly 47,000 homes experience fires during the holiday season. Donovan will share tips on how to prevent home fires and how to survive them if they happen to your family in your home.

You may think you've heard all this before. But complacency and carelessness are leading causes of residential fires. You and your family **MUST** hear this information repeatedly; it could save your property and your lives.

This program is free to the public, and is presented by Whitepine Grange and Scott Donovan as a community service.



## Stitchers enjoy another quiet Sewing Retreat at the Grange

*Ah, to be able to get away from distractions and just SEW to your heart's content for five straight days!*

That's what 12 women from the Trout Creek area experienced in their third annual sewing retreat at Whitepine Grange last month.

The ladies rented the Grange for the entire week, setting up their tables and machines on a Sunday evening and taking it all home five days later.

It was such a success that the same group plans to book TWO week-long sewing retreats at the Grange in 2024.

**If you are part of a sewing group looking for a reasonably priced place to gather even once a week, contact the Grange. We will try our best to accommodate you! Call 406-827-0102.**



Above: Janice Pitts at the week-long sewing retreat



Right:  
Lisa Snell concentrates on perfect stitching at the sewing retreat.



# 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