



"Whitepine Whispers"

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

Published by Friends of Whitepine Grange

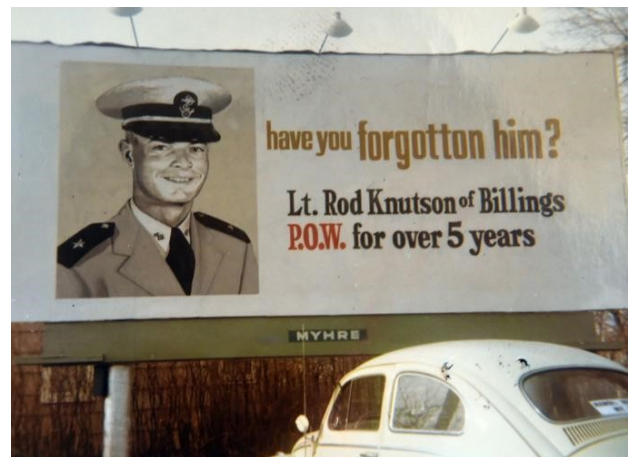
March 2024

Navy flyer to share his account of 7 1/2 years in North Vietnam prison camp



Rod Knutson at home in Thompson Falls

Rod Knutson, Thompson Falls, was held in brutal captivity for 2,675 days that shaped the rest of his life. Hear him tell his incredible story on March 14 at Whitepine Grange.



On October 17, 1965, Navy Captain Rod Knutson's F4 fighter jet was shot down over North Vietnam. Knutson was taken prisoner and held in unspeakably brutal captivity for 2,675 days where he and fellow prisoners endured beatings, torture, starvation and just plain boredom for almost eight years.

Knutson, a Billings native, survived and was released Feb. 12, 1973. After hospitalization and rehab, Knutson went back into service as a Naval Aviator and ended a stellar career as Commander of the Naval Training Center in San Diego.

His presentation on March 14, 6:30pm at Whitepine Grange, is awe-inspiring to all ages., even young people who have never heard of Vietnam. Not only does he give bone-chilling details of his captivity, but he also shares how the experience has made him a better American, husband and father. "I hope to give our young people patriotic inspiration," he says, "and give examples of why we can be proud of our country and fellow Americans."

Do not miss this unforgettable experience. Knutson's presentation begins at 6:30pm at the Grange, and seating is limited. The program will end at 8pm. It is open to the public at no charge.

For more information, call Whitepine Grange at 406-827-0102.



Knutson released to freedom in February 1973.

So what IS "The Grange"???

From the Grangemaster:

What *IS* the Grange?

Your friends have probably asked you: "What IS the Grange, anyway? I've always heard about the Grange and seen Grange halls, but what's it all about?"

Growing up in a small northern Minnesota town, all I knew about the Grange was what I saw in TV westerns. They had dances there. Period.

I've learned a lot more about Grange over the past several years. You can probably Google much more complete information about Grange than I'm going to share with you, but I'll give it a try in plain old English.

"Grange" was an organization formed primarily for farmers, ranchers and rural residents back in the 1860s. Its proper name is "**National Grange of the Order of Patrons of Husbandry.**" It was a club or fraternity, of sorts, that strove to enrich the lives of rural Americans by providing a safe place to socialize, gather for town meetings, break bread together, share agricultural tips, and strengthen a neighborhood network. It developed into a national organization of advocacy for the agricultural community, with state and local chapters.

The Grange was, and still is, a strong voice representing the agricultural community in Congress. Grange has been influential on many issues involving interstate commerce, rural postal delivery, land use, water rights, and ecology.

Today's Granges, (including Whitepine Grange) still share the common mission of "strengthening individuals, families and communities through service, education, nonpartisan grassroots advocacy and agricultural awareness." At Whitepine Grange, we perpetuate this goal by offering services for the surrounding communities at little or no cost to participants. Most of the classes we offer are free. Our rental rates for private bookings are low. We strive to get neighbors and friends back in face-to-face contact with each other, knowing that will strengthen our rural society.

The Grange is not connected with 4H, FFA, or any other youth or adult civic group. However, the Grange actively interacts with such nonpartisan groups by offering resources, mentors, facilities and financial support whenever practical. The Grange even offers its own youth leadership programs and sponsors contests to encourage all types of skill development.

So...in short..."Grange" is an organization originally started for agriculturalists and ruralites. Whether on community, state, or national level, the Grange's mission is to strengthen families, serve local communities and support agriculture. And oh yes....we do have fun, eat well, and dance!



Jan Manning, Grangemaster

The Grange:
"Strengthening individuals, families and communities through service, education, nonpartisan grassroots advocacy and agricultural awareness."

WHITEPINE GRANGE (406) 827-0102

Whitepine Grange Schedule for March 2024

Dates and activities are subject to change.

Sun., March 3: Intermediate Agility 2pm
 Sun., March 3: Advanced Agility 3:15pm
 Mon., March 4: Functional Fitness, 9am
 Mon., March 4: Functional Fitness 10:30am
 Tues., March 5: Doggy Boot Camp, Wk 4, 10:30am
 Tues., March 5: PT Chat/Grange meeting, 6:30pm
 Wed., March 6: Obedience Class 10:30am
 Wed., March 6: Rally Class 1pm
 Wed., March 6: Seed Class 3pm
 Thurs., March 7: Functional Fitness 9am
 Thurs., March 7: Functional Fitness 10:30am
 Fri., March 8: Gym for Gents 4pm
 Sun., March 10: Intermediate Agility 2pm
 Sun., March 10: Advanced Agility 3:15pm
 Mon., March 11: Functional Fitness 9am
 Mon., March 11: Functional Fitness 10:30am
 Tues., March 12: Doggy Boot Camp Wk 5, 10:30am
 Tues., March 12: PT Chats w/Jim Bittinger, 6:30pm
 Wed., March 13: Obedience Class 10am
 Wed., March 13: Rally Class 1pm
 Wed., March 13: Seed Class 3pm
 Thurs., March 14: Functional Fitness 9am
 Thurs., March 14: Functional Fitness 10:30am
 Thurs., March 14: Rod Knutson 6:30pm
 Fri., March 15: Gym for Gents 4pm
 Sun., March 17: Intermediate Agility 2pm
 Sun., March 17: Advanced Agility 3:15pm
 Mon., March 18: Functional Fitness 9am
 Mon., March 18: Functional Fitness 10:30am
 Tues., March 19: PT Chats w/Jim Bittinger, 6:30pm
 Wed., March 20: Obedience Class 10am
 Wed., March 20: Rally Class 1pm
 Thurs., March 21: Functional Fitness 9am
 Thurs., March 21: Functional Fitness 10:30am
 Thurs., March 21: Fire Safety for Businesses, 6:30pm
 Fri., March 22: Gym for Gents, 4pm
 Sat., March 23: Survival Fire-building Class, 10am

Sun., March 24: Intermediate Agility 2pm
 Sun., March 24: Advanced Agility 3:15pm
 Mon., March 25: Functional Fitness 9am
 Mon., March 25: Functional Fitness 10:30am
 Tues., March 26: Grange Potluck/Bingo 5:30pm
 Wed., March 27: Obedience Class 10:30am
 Wed., March 27: Rally Class 1pm
 Thurs., March 28: Functional Fitness 9am
 Thurs., March 28: Functional Fitness 10:30am
 Fri., March 29: Gym for Gents 4pm
 Sun., April 1: Intermediate Agility 2pm
 Sun., April 1: Advanced Agility 3:15pm

RENT THE GRANGE FOR YOUR EVENT

Great for kids' parties, classes, meetings, dinners, sew days, etc. Whitepine Grange has a full kitchen, WiFi and large-screen TV all included in the rental fee of \$50. Contact whitepinegrange@gmail.com
 Or call the Grange, 406-827-0102.

POTLUCK & BINGO TUES., MARCH 26, 5:30PM WHITEPINE GRANGE MEMBERS & GUESTS INVITED!

Whitepine Grange #102 Officers 2024

President:

Jan Manning

Vice-President:

Carolyn Nesbitt

Secretary:

Patty English

Treasurer:

Dona Pope

Executive Committee:

Gene Pope, Debbie Mason, Tricia Cottrell

Fire Devastation: It's *Your BUSINESS!*



Hereford Restaurant, Noxon, MT
1-17-2024



Don't think this devastation can't happen to you!

Toby's, Angry Beaver, Mercantile:
Noxon, MT
2-27-24

This class is presented as a public service of Whitepine Grange and Scott Donovan. Whitepine Grange is on the corner of MT HWY 200 & Faro Lane, near MM38, between Thompson Falls and Trout Creek. Call 406-827-0102 for more information.

Special Fire Safety Class for Sanders County Business Owners!

THURSDAY, MARCH 21 6:30PM

Location: Whitepine Grange (Trout Creek)

Speaker: Scott Donovan, retired Chief Fire Marshal with decades of experience addressing groups nationwide on the topic of fire safety in businesses and homes.

Do you operate a business in an old building?

Do you operate a business from your home?

Is your building up to code, whether old or new?

Do you have an emergency fire response plan for you and employees?

Commercial fires can kill and injure you, your customers, and Emergency Response Teams. They can destroy a lifetime of work and memories, and can financially wipe you out. **DON'T TAKE CHANCES!!** Come to this important class and learn a new way of approaching fire safety in your business—or home.

Fire inspections are meant to point out fire hazards *you may not even have considered*. Learn to do your own fire inspection at home or at your business.

This class is **OPEN TO THE PUBLIC, FREE, NO CHARGE**. Any cash donations will be presented to the Noxon Fire Department.

Gym for Gents

A men's fitness class at
Whitepine Grange
Every Friday 4-5pm

Instructor:

Francois Comunetti

Author, Judo Sensei, Fitness Expert



This class is for any men who want to maintain
their fitness level or get back into shape.

Seniors welcome and encouraged.

No charge, but donations to Whitepine Grange accepted

For more info, call Francois: (406) 827-4397

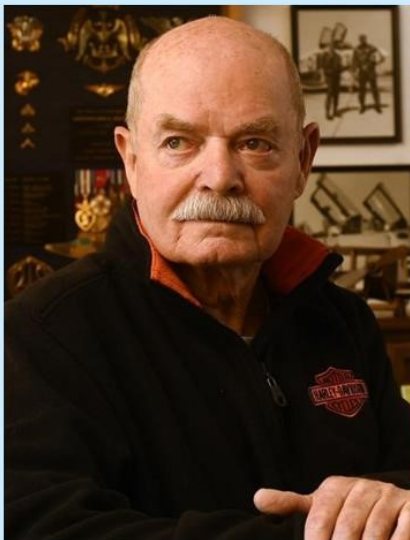
*Whitepine Grange is on the corner of Hwy 200 & Faro Lane, near
MM38, between Thompson Falls & Trout Creek*



An Evening with an American Hero

ROD KNUTSON

**Survivor of seven years in a
North Vietnam Prison Camp**



**Thursday,
March 14
6:30pm
at
Whitepine
Grange**

Rod Knutson, Thompson Falls, will share his incredibly moving story of 2,675 days in a brutal POW camp. You will never forget this extremely moving account by a true American hero. An unforgettable evening for young and old. Open to the public, no charge.



This fire could save your life!

Grange Class to teach survivor fire-building techniques

By Jan Manning

A few years back, I took a women's weekend ice-fishing class sponsored by Montana Fish & Wildlife. It was a great class, but the best part of the weekend was the three-hour class on how to build a survival fire out of wet materials.

"You can live for days without water, weeks without food if you are stranded in the wilderness," our instructor told us, "but you may not survive a night if you don't have a fire for heat."

The class began indoors where we assembled very small fire-starter kits with simple materials. We then moved outside to practice building our own survival fires. It was an empowering experience and confidence booster for most of us gals. Living in Montana, it was akin to learning to swim as a necessary life skill.

We're offering the same type of class at Whitepine Grange on Sat., March 23. The class is open to women, men, and kids 10 and over. The class starts at 10am indoors where you'll learn the importance and the basics. You will be furnished with supplies for a small



Learn to build a life-saving wilderness fire out of wet materials from the forest floor. This class will be held at Whitepine Grange on March 23.

fire-starter kit which you'll assemble yourself. Next, you'll move outside the Grange building where, under supervision, you'll practice making your own survival fires. The class will last until about 1pm.

The cost for this class is \$10, which includes all materials. We're limiting it to 10 students.

This class is for adults and youngsters at least 10 years of age. Parental permission is required for students 16 and under.

To register for the class, call Whitepine Grange at **406-827-0102** and leave a message, or send an email to whitepinegrange@gmail.com



The Survival Fire-Building Class is perfect for women, men, and young people who enjoy outdoor wilderness for shed hunting, hiking, snowshoeing, exploring, or even just taking a scenic backroads drive through the mountains and forests. Sign up today by calling Whitepine Grange, 406-827-0102.

Instructor: Dusty Rosenthal, Master Outdoorsman, from Yakima, Washington



Jim Bittinger, physical therapist



Physical Therapy talks begin this month

Want to learn how to improve your posture without even thinking about it? What's the best trick to keep your elbow from hurting? Is there a way to climb stairs that doesn't make your knees hurt?

Bring these questions and more to Whitepine Grange on "Physical Therapy Chat Nights" this month, and get some helpful tips from local physical therapist Jim Bittinger.

Jim's informal, fun forums will be held March 5, 12 and 19, 6:30pm at Whitepine Grange. These forums are open to the public at no charge.

A bit about Bittinger: he's been practicing physical therapy for several decades throughout the country. He's now semi-retired and off the road, enjoying life with family in beautiful Trout Creek. Jim's only problem is that he loves his craft so much that he wants to keep doing it, so he now offers home visits for PT clients in this area. He also wants to share his knowledge and experience with others, and that's why he's leading these chat sessions with you.

Here are the dates for these in-person group chats at the Grange:

- Tuesday, March 5, 6:30pm
- Tuesday, March 12, 6:30pm
- Tuesday, March 19m 6:30pm

Again, these are open to the public and free of charge, no strings attached!

Gym for Gents class starts at Whitepine Grange

At long last, men in the Trout Creek area have a workout class just for them. It's called "Gym for Gents," and it happens **every Friday from 4 to 5pm at Whitepine Grange.**

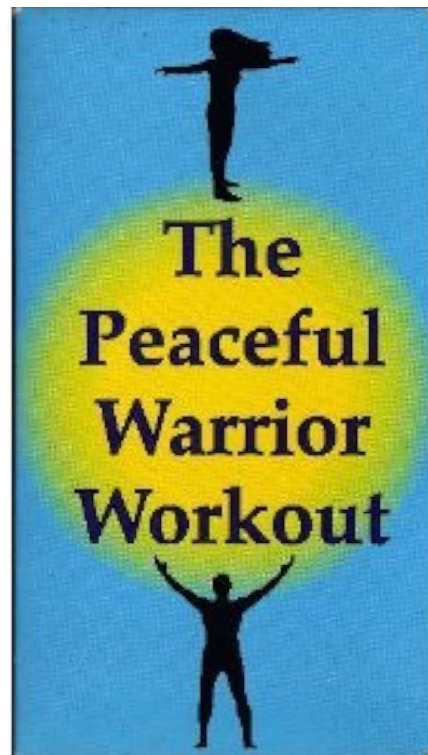
Instructor Francois Comunetti originated the idea of an all-guys class at the Grange as a "male alternative" to Jan Manning's "Functional Fitness" classes which attract primarily females.

Although Comunetti is best known for his judo background and classes (he has been practicing judo for many decades and currently leads a class in Clarkfork, Idaho), The "Gym for Gents" class is designed to enhance overall well-being, strength and agility. He uses a program called "The Peaceful Warrior Workout," created by author Dan Millman which he personally practices every day to maintain his optimal fitness level.

Comunetti welcomes men of any fitness level, including seniors, interested in exploring this unique method of finding peace and tranquility through physical exercise, deep breathing, and relaxation. His classes are free, although donations are appreciated to help pay the Grange's utility bills.



Francois Comunetti



Second annual "Stash Sale" delighted area crafters

Whitepine Grange's second annual "Stash Sale" helped local crafters empty out a lot of storage totes while socializing with long lost friends and making a little pocket change.

The February Stash Sale was well attended, with almost a dozen vendors and good traffic flow of customers looking for exceptional deals on crafting supplies.

We're planning on holding this again next year. Save Saturday, Feb. 8, 2025 for the THIRD ANNUAL Stash Sale at the Grange!

Thank you to all the vendors and customers who participated this year!



First Aid/CPR Classes well attended at the Grange

Thanks to the Thompson Falls Ambulance Service, our First Aid/CPR certification course at Whitepine Grange last month was a huge success.

Twelve local residents took the two nights of classes taught by the Thompson Falls Ambulance crew of Cara Eberly, Pete Milne, Scott Eldridge, Jaren Webley, Britney Darling, and other volunteers.

The first night focused on first aid. Participants got lots of practice bandaging various types of wounds. The second night offered CPR training, using mannequins for realism, along with AED defibrillators ***At this time Whitepine Grange does not have an AED, but we're hoping to get one donated in the near future.***

Whitepine extends sincere gratitude to Thompson Falls Ambulance for offering this great community service! Let's do it again next year!





PLANNING YOUR BEST GARDEN

TWO TIMES AND LOCATIONS OFFERED FOR BOTH CLASSES

SEED SAVING : MARCH 6, 2024

3:00 - 4:30 WHITEPINE GRANGE

6:30 - 7:30 PLAINS HIGH SCHOOL

COMPANION PLANTING: MARCH 13, 2024

3:00 - 4:30 WHITEPINE GRANGE

6:30 - 7:30 PLAINS HIGH SCHOOL

Click the link below or scan the QR Code to register:

<https://forms.gle/HrRhEH2Ty6egTM9C9>



For additional information please
contact Wendy Carr at the Sanders
County Extension Office
406-827-6934
wendy.carr@montana.edu

Thank you, Community Health Alliance, for helping Whitepine Grange purchase exercise equipment for our Functional Fitness classes which continue to grow in popularity and frequency!



**Community
Health Alliance**

Thank you, Sanders County Rocky Ridge Saddle Club, for



holding your TACK SWAP at Whitepine Grange last month! And thanks also for your donation of Peet's Coffee to our cupboard!

We could use your help here →

We need shades for the Grange windows! The two new windows facing the west bring in *a lot* of heat and glare on summer evenings, and it's difficult to have programs there with the blinding sun streaming in without a filter.

We're considering honeycomb cellular shades in a neutral color. **CAN YOU HELP THE GRANGE PURCHASE THESE SHADES?** If we do all five windows, the cost could be several hundred dollars. Want to sponsor a window? Send your donation to Whitepine Grange Shade Fund, PO Box 1313, Trout Creek, MT 59874. And thank you!!



Update: Grange Restroom Remodel in Progress!

If you've been to the Grange in the past week, you've noticed the contractor's trailer, large construction dumpster and Porta Potty sitting in front of the building. You've also seen some drywall dust, construction materials, tools and extension cords here and there. Our new Grange restroom is being built, at long last!

Actually, the project encompasses the existing restroom as well as a new ADA approved restroom which was formerly the "coat and junk room" just inside the front door.

The work is being done by Cottrell Construction LLC and is expected to be completed during the first half of March.

Having two restrooms side by side will help accommodate our growing number of Grange users.

Just like the Grange building's new siding, new floor, new insulation, and new heating system, the new restrooms are part of this old building's rebirth. Every improvement is paid for, thanks to the generosity of donors and grants, and some hard non-paying work by Grange members. We continue to "pay as we go."

The basement stairs will come next, as soon as we can raise enough money to pay for the project.

In the next issue of this newsletter, we'll show you photos of the beautifully completed restroom project, along with pics of the meeting room's two lovely ceiling fans donated to the Grange by Tricia Cottrell. Can't you just feel those summer breezes already?

Join Whitepine Grange today!

For yourself, your family, your rural neighbors & community!

MEMBERSHIP TYPES - Check Box

Individual Membership: \$35/year Family Membership: \$70/year

Name: _____

Mailing Address _____

City _____ State _____ Zip _____

Date of Birth ____/____/____ Phone _____

Email (please print clearly) _____

What are your hobbies? (so we can plan programs of interest to you and maybe utilize your expertise) _____

Signature _____ Date _____

For Family Memberships:

Spouse/Partner's Name _____

Mailing Address _____

City _____ State _____ Zip _____

Date of Birth ____/____/____ Phone _____

Email (please print clearly) _____

Children:

_____	Date of Birth ____/____/____
_____	Date of Birth ____/____/____
_____	Date of Birth ____/____/____
_____	Date of Birth ____/____/____

Seven winning reasons to join Whitepine Grange:

- Build a support network with your rural neighbors.
- Great monthly programs on topics of local interest.
- Family friendly activities like potlucks, parties, dances and Bingo.
- Community service projects like highway cleanup, the dictionary program, Family & Friends shut-in outreach, and military care packages.
- Exercise classes for all ages.
- A gathering place for neighbors.
- Your membership dollars help pay for upgrades and maintenance for this historic building. Whitepine Grange was chartered in 1938. The building was constructed in 1961. In 2023 the Grange is still going strong! Join Whitepine Grange #102 and become part of its long, wonderful story!



Please make checks to "Whitepine Grange #102"
 Return this form, with payment, to any Whitepine Grange officer, or mail to:

Whitepine Grange #102
 PO Box 1313
 Trout Creek, MT 59874