



# “Whitepine Whispers”

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

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April 2023

*“Welcome Home”  
To Whitepine Grange!*



“Spade” proudly sits in front of the brand new front door at the Grange.

**You are welcome here!** Nothing says “Welcome” any better than a cheery new front door, and our Grange finally has one! It’s funny how one seemingly insignificant improvement can become face-lifting! We replaced the old wooden 1961 version last week with this nice insulated door that allows both light and ventilation into the formerly dark entrance hallway. Work was done by Cottrell’s Construction. Look inside to see the other VERY MAJOR improvement we made to your Grange hall last month!!



## Bingo is back!

Whitepine Grange held its second “Bingo for a Cause” night last month, with a good turnout of familiar faces and a few new ones. Each contender “bought” their bingo cards by bringing a nice item for the Grange’s big yard sale in June. All items were displayed on the table, and each Bingo winner got to pick an item. We may do this again prior to June, so stand by for notification!

**At left: Barb Wooden, Susan White, Percy Plante and Ruth Tucker study their Bingo cards.**

PRIORITIZE!!!

*From the president:*

## It's called "prioritizing obligations"

If you're like me, you have a plethora of calendars and date books scattered throughout your home and work area. I'm not quite organized or technologically sophisticated enough to put everything in one place like a cell phone, partly because I don't carry one on my body all the time and partly because I'm just not comfortable using it.

At any rate, those calendars fill up fast and go through significant editing as I find myself "double-booked" here and there.

So let's talk about those "double-bookings," since you have them too. Sooner or later you end up prioritizing all of them. "This" becomes more important than "that," and "going here" becomes more urgent than "going there."

One element makes it easier to correctly prioritize your activities. **That element is called "obligation."** To whom or what are you obligated?

I googled the definition of "obligation" and I liked the very first one I found: *obligation is "the condition of being morally or legally bound to do something."*

We generally comply, sometimes with resentment, to the "legally bound" obligations. The "moral" obligations, on the other hand, are often more uncomfortable because we exercise personal choice. Our conscience becomes the decision maker.

"Obligating" also means we are choosing to make a **commitment**. Once you commit to a specific volunteer project on a certain day, it is **not appropriate** to back out if you get a better offer that day. Example: you've obligated yourself to work a church bazaar on Saturday. Don't back out on your obligation just because your sister later invites you to have lunch with her instead that day. Sure, your sis is important...but you can probably **make your day count for more** if you keep your volunteer appointment instead.

Commonly heard excuses to back out of volunteer commitments:

"Oh, I was going to go help with that project, but then it was such a nice day I decided to clean my own yard instead."

"Oh, I wanted to do that, but I stubbed my toe and decided I'd better not."

"Oh, I was gonna go help them, but something else came up."

"Oh, I intended to work on that, but I just couldn't get up the gumption. Besides, they'll have plenty of other help."

Next time, instead of making excuses and "phoning it in," remember what will happen if everyone else makes excuses too! The job will not get done.

Prioritize. And don't be afraid to obligate yourself. You'll feel better at the end of day, and you will have made the world a better place. You will have earned your place on the planet.



Jan Manning, Whitepine Grange #102

***And speaking of that....***

**We need YOU on Sat., April 22, 10am to noon!**

**It's Highway Cleanup time!**

Whitepine Grange is responsible for picking up the litter between MM 48 and 50 on Hwy 200 just west of Thompson Falls. The roadside is a mess right now, as snow melts and exposes more trash accumulated over the winter. Please join us on Sat., April 22, at noon in parking lot next to Beagles Coffee at MM49. From there we'll split into small groups to work sections of our assigned area. Garbage bags and safety vests will be provided. Show up with appropriate clothing and footwear, and don't forget gloves. If you have "grabber" devices, bring them. Contact Jan Manning at to say "Yes, we'll be there!" Commit now!



## Whitepine Grange Schedule, April 2023

April 2	Dog agility 1:30pm
April 3	Rockin Walkin 5:30pm
April 4	Line Dance 1:30pm
April 4	Yoga, 4pm
April 5	Rough & Rowdy, 10:30am
April 5	Rally Drop-In 2pm
April 5	Begin. Agility#1, 6pm
April 6	Rockin Walkin 10am
April 6	Dog Club 5:30
April 9	Dog agility 1:30pm
April 10	Rockin Walkin 5:30pm
April 11	Doggy Boot Camp#1, 10:30am
April 11	Line Dance 1:30pm
April 12	Rough & Rowdy, 10:30am
April 12	Rally Drop-In 2pm
April 12	Begin. Agility#2, 6pm
April 13	Rockin Walkin 10am
April 13	Dog Club 5:30pm
April 17	Rockin Walkin 5:30pm
April 18	DoggyBootCamp #2, 10:30am
April 18	Line Dance 1:30pm
April 18	Yoga 4pm
April 19	Rough & Rowdy 10:30am
April 19	Rally Drop-in, 2pm
April 19	Begin. Agility#3, 6pm
April 20	Rockin Walkin 10am
April 20	Yoga 4pm
April 20	Dog Club , 5:30pm
April 23	Agility 1:30pm
April 24	Dog Club 5:30pm
April 25	DoggyBootCamp#3, 10:30am
April 25	Line Dance 1:30pm
April 25	Yoga, 4pm
April 25	Grange meeting, 7pm

April 26	Rough & Rowdy 10:30am
April 26	Rally Drop-in, 2pm
April 26	Begin. Agility#4, 6pm
April 27	Rockin Walkin 10am
April 27	Yoga 4pm
April 27	Dog Club 5:30pm
May 1	Rockin Walkin 10am
May 2	DoggyBootCamp #4, 10:30am
May 2	Line Dance 1:30pm
May 2	Yoga 4pm
May 3	Rough & Rowdy, 10:30am
May 3	Rally Drop-in 2pm
May 3	Begin. Agility #5, 6pm
May 4	Rockin Walkin 10am
May 4	Yoga 4pm
May 4	Dog Club 5:30
May 7	Agility 1:30pm
May 8	Rockin Walkin 5:30pm
May 9	Line Danc 1:30pm
May 9	Yoga, 4pm
May 10	Rough & Rowdy, 10:30am
May 10	Rally Drop-in, 2pm
May 10	Beg. Agility #6, 6pm
May 11	Rockin Walkin 10am
May 11	Yoga 4pm
May 11	Dog Cub 5:30
May 15	Rockin Walkin 5:30pm
May 16	Line Dance 1:30pm
May 16	Yoga, 4pm
May 17	Rough & Rowdy, 10:30am
May 17	Rally Drop-in, 2pm
May 18	Rockin Walkin 10am
May 18	Yoga 4pm (final)
May 22	Rockin Walkin 10am

**Dates and times subject to change.**

**Whitepine Grange is available for your group to rent for parties, receptions, classes and meetings. Call 406-827-6385 to reserve, or email [whitepinegrange@gmail.com](mailto:whitepinegrange@gmail.com).**



# Big flooring project completed!



It's taken 61 years and a lot of fund-raising, but Whitepine Grange finally has a beautiful floor that should last for generations to come.

The high quality vinyl plank flooring was completed in late March, thanks to Cottrell's Construction and the generous donations and grants from multiple sources. We want to say a special thanks, in particular, to Gene and Dona Pope, the Dennis & Phyllis Washington Foundation, and the Sample Foundation out of Billings. We are also grateful to Grange members and community members who donated to this worthy cause.

The new flooring will make the whole Grange building more attractive to various users. The floor is ideal for dancing, receptions, yoga classes and the like. The blue rubber mats will still be used for most exercise and dog-training classes to protect the new floor's beautiful

For those who are curious, the new floor cost us \$12,600....and it's all paid for!

**Above: The Grange's new floor is just waiting for dances and new activities. This new community treasure was 61 years in the making,**

**Left: The flooring crew of Cottrell's Construction. Mason and Trish Cottrell flanking Joey Milner. A dependable crew, indeed!**



## Whitepine Grange #102 Officers 2023

President:	Jan Manning
Vice-President:	Carolyn Nesbitt
Secretary:	Patty English
Treasurer:	KathyHill/DonaPope
Executive Committee:	Gene Pope , Debbie Mason, Ruth Tucker



## Yoga now offered at the Grange

Yoga classes have finally come to Whitepine Grange. Beginning Tuesday, April 4, **Mary Ferrari** will be offering classes every Tuesday and Thursday at 4pm at the Grange, through May 18.

Mary is a fairly new resident to our area, but is highly experienced and certified in yoga and related classes.

Mary has a grand affinity for the natural world and believes that strengthening our connection with nature offers a profound source of healing. Through the use of her certifications in yoga, herbalism and permaculture design she employs her students with the ability to genuinely connect to themselves and to the Earth.

Practicing since 2006, Mary initially found yoga to be a great way to exercise and stretch. As her practice evolved, she learned that yoga enables mental, emotional and spiritual wellness, providing whole body health. The urge to explore yoga in a greater capacity led her to True Nature Healing Arts near Aspen, CO where she completed her 200-hour Integrative Yoga Therapy Instructor course in 2015.

As a yoga therapist, Mary wishes to empower people with their own health and wellness through the cultivation of greater self-awareness and connection to the Earth. The asana format of her classes is energetic and largely based on requests and needs of the students. She encourages a mindful practice that her fellow yogis can take with them off the mat and apply to everyday life.

To find out more about Mary and to read her remarkable survival story that led her toward sharing her gift of yoga, go here:

<https://www.youareoftheearth.com/post/why-mary-created-of-the-earth>

Note: this is not a hot link, so you'll need to copy it into your browser. The story will be worth the effort!

***For more about Mary's yoga classes at the Grange, see the notice on page 6.***



**Mary Ferrari brings her yoga knowledge and teaching skills to the Grange, starting April 4.**

## In the company of friends



Grange members Sharon Thompson, Peggy Carlson and Liz Hudson enjoy each other's face-to-face company on Bingo night at the Grange. Real facetime with real folks is one of the Grange's strongest offerings.



# YOGA CLASSES

AT THE WHITE PINE GRANGE  
9 FARO LANE TROUT CREEK, MT

TUESDAYS

4-5 PM  
April 4th - May 16th

THURSDAYS

4-5 PM  
April 6th - May 18th

DROP-IN CLASS \$15  
7 CLASS PASS \$84  
14 CLASS PASS \$126

For more info or to sign up visit  
[youareoftheearth.com](http://youareoftheearth.com)  
email  
[mary@youareoftheearth.com](mailto:mary@youareoftheearth.com)



## Fitness Classes at the Grange

Mondays, 5:30pm  
Thursdays, 10am

These are our fabulous “Rockin’ Walkin’” classes! Join us for a two-mile walk like none you’ve ever taken before! Indoors, lots of moves, lots of fun, and GREAT music! Suitable for any fitness level, age, or shape/size. **Nobody at these classes cares what you look like. We’re in it to help ourselves become better each day.**

\$5 per class

Bring sneakers and water bottle.  
Instructor: Jan Manning

## We want YOU!

Sat., April 22, 2023, 10am

It’s our Highway Cleanup Day.

Whitepine Grange has adopted two miles of Hwy 200 just west of Thompson Falls. We will pick up roadside litter between MM48 and 50. Meet us at MM 49 (parking lot by Beagles Coffee) at 10am on April 22, Bring gloves and appropriate footwear and clothing. Bring grabbers if you have them. Garbage bags and safety vests will be provided.

Last year we had 12 volunteers and finished in less than two hours. **Let’s break that record in 2023!**

**Oh yes....there’s a “contest” for whoever picks up the weirdest trash. Join in the fun!**





# Huge Yard Sale looming ahead . . .

We're doing it again this year....the big YARD SALE to benefit Whitepine Grange's building fund. This year, the Yard Sale will help raise money for the addition of a **new ADA restroom** upstairs, adjacent to the existing one.

**Dates for the Yard Sale are June 23-24**, the same weekend as the Sanders County Yard Sale-ing Event.

Please bring **your items of good or high quality** any time between now and June 22. We will store them in the Grange basement for now. Bear in mind that we are unable to accept any large furniture pieces until June 22, due to lack of storage space.

This sale will be indoors and outdoors. This is a GREAT opportunity for you to clear out your house of gently used items and HELP THE GRANGE at the same time!



You never know what you'll find at our yard sale...

## April meeting SPECIAL GUEST:

### Zack Hannum, Montana Nursery & Landscape Supply

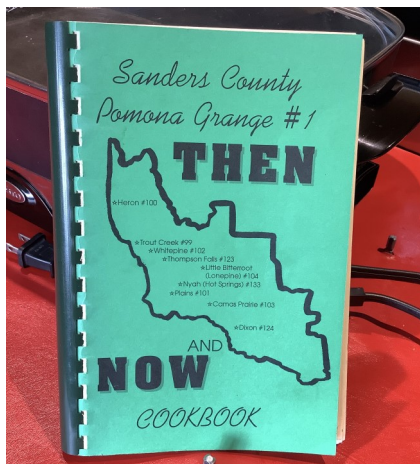
Zack is the local expert on Montana trees and shrubs. If you have questions on what will thrive on your property, you won't want to miss this presentation!

Zack is also a member of the Trout Creek School Board.

**7pm on Tuesday, April 25. The public is cordially invited!**

## Raw Apple Cake by Marion Ada Draszt, Whitepine Grange #102

- 1 c. butter
- 2 c. white sugar
- 4 eggs, separated, beaten
- 2 1/2 c. flour
- 1 tsp. baking soda
- 1 c. cold coffee
- 2 T. cocoa powder
- 1 tsp. cinnamon
- 1/2 tsp. clove & allspice
- 1 c. raisins
- 1 c. raw chopped apples



Cream butter & sugar. Combine egg yolks, then add coffee, soda, and spices, raw apples, nuts and flour. Fold the beaten egg whites last. Turn into greased and floured 9" x 13" cake pan and bake at 350 approximately 45 minutes or until toothpick comes out clean.

## Grange officers conduct high-stakes treasure hunt

The suspense was almost unbearable. What would they find in the Grange Safe Deposit Box that hadn't been opened in 23 years????

President Jan Manning and Secretary Patty English entered First Security Bank in Thompson Falls with an exotic looking key in hand. The key had been discovered in a trunk of Whitepine Grange historical documents. Key #265 was to a safe deposit box that hadn't been opened **in 23**

**years**. What was in the box? Gold bars? Silver coins? A valuable historical document pertaining to the Grange?

Bank employee Julie Sol led them into the sacred vault and let them open the box. Patty inserted the key and slid out the long metal box. She jiggled it. Nothing. She flipped open the lid. **NOTHING. The safe deposit box was EMPTY!!**

So we made an assumption: there hadn't been anything of importance to put in there anyway. Twenty-three years ago, Mary Naegeli and Peggy Carlson had opened the box and probably removed whatever pertinent documents had been in there. Those documents are now in safe keeping elsewhere in the Grange archives, so we no longer need the safe deposit box. We have let it go.

The thrill of opening the secret box was great, even if we found nothing inside. It was kind of like buying a Lotto ticket and waiting for the numbers to be announced.



### Dates to remember:

**April 22:** Highway Cleanup Day for Whitepine Grange

**April 25:** Whitepine Grange's April meeting; guest speaker Zack Hannum

**May 23:** Whitepine Grange's May meeting, speaker TBA

**June 17:** Cajun Party/dinner/dance at the Grange

**June 23-24:** Yard Sale Weekend

**June 27:** Whitepine Grange's June meeting, speaker TBA

**September 29:** HARVEST MOON PARTY—DO NOT MISS!!!!

### In the works:

- First Aid class presented by Thompson Falls Ambulance
- Avoiding Bear Attacks, new presentation by Brent Hudson



# 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:  
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Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
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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