



NOMINEES SOUGHT FOR THE VIRTUAL GRANGE HALL OF FAME

by Katie Squire

Chairperson, Grange Hall of Fame Workgroup



The Virtual Grange Hall of Fame has expanded its scope—and it needs your help! Nominations and inductees are being sought for two galleries:

“Grange Mentors and Distinguished Patrons of Husbandry” and “Community and Society Influencers.”

Nominations for the Class of 2026 are now being accepted electronically. Visit <https://www.nationalgrange.org/hall-of-fame/> to submit a nomination.

Applications are accepted year-round, but nominations must be submitted **BY THE END OF SEPTEMBER** to be considered for the 2026 class, which will be announced in November.

Grange Mentors and Distinguished Patrons of Husbandry

This gallery recognizes Patrons of Husbandry and others connected with the Grange—living or deceased—who have made a significant and sustained contribution to the Grange at the national level.

Current honorees include the eight Grange founders, Charles Gardner, Woodrow W. Tucker, and many other distinguished members of the Order.

Community and Society Influencers

This gallery recognizes Grange members—living or deceased—who have made a significant and sustained contribution to American culture and/or society.

Nominees may include politicians, founders of organizations or movements, celebrities,

business leaders, or individuals whose social media influence has had a national impact. To qualify, the individual's influence must be national in scope and reflect favorably on the Grange.

One example is Albert Goss, a 2021 Virtual Grange Hall of Fame honoree. In addition to serving as National Grange Master from 1941–1950, Goss worked to benefit farmers across the nation and helped formulate a cooperative production credit program that later became a model for the Farm Credit Administration. He also worked on international agricultural issues and served on the Boy Scouts of America National Committee for Rural Scouting.

Who Will You Nominate?

In all cases, the Virtual Grange Hall of Fame is looking for individuals whose accomplishments and influence have reached beyond their local community or state to have a national impact.

New nominees begin with an online vetting process using a short questionnaire. If the nominee meets the minimum requirements, the nominator is then asked to provide a more complete description and justification of the individual's impact.

The Hall of Fame committee is ready and willing to assist with completing an application if additional help is needed.

Members across the nation are encouraged to submit nominations. There is no limit based on Grange office held, age, or length of Grange experience.

Who in your Grange's history—or among today's Grange members—has made a difference on the national stage? Nominate them for the Virtual Grange Hall of Fame!

Submit your nomination: <https://www.nationalgrange.org/hall-of-fame/>

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ATTEND THE 160TH NATIONAL GRANGE CONVENTION



160th National Grange Convention November 2026 - Broken Arrow, OK



Sun. 8

- Officer & Delegate Meeting
- Welcome Dinner - Speaker: Dr. Bill Chapman, NREA

Mon. 9

- Official Opening of the Convention
- President's Addresses
- Workshops & Activities
- Game Night: Bunco

Tue. 10

- Workshops & Activities
- Cherokee Nation Chief Hoskin
- Oklahoma State Poet Laureate: The Cowboy Poet

Wed. 11

- Veterans Day Wreath-Laying & Tour
- Youth & Guest Officers Closing
- Project Sustenance Workshops
- Karaoke for All

Thur. 12

- DO-ers Circuit
- Philbrook Museum of Art Tour
- Memorial Program & Installation of Officers
- Movie Night

Fri. 13

- Group Tour: Route 66 Historical Village
- COMET Training
- Conferral of Seventh Degree
- Workshops & Activities

Sat. 14

- Leadership Lab & Grange Academy
- Tour: Woody Guthrie & Bob Dylan
- Celebration Banquet

Junior Activities

- Workshops & Activities starting Monday afternoon
 - Come and go as you and your Juniors are able to!
- **Junior Tour** on Saturday



Register:
nationalgrange.org/160thconvention

Register for the Convention



Registration for the **160th Annual National Grange Convention** is now open and ALL Grange members from every corner of the country are invited and encouraged to join us in Broken Arrow, Oklahoma, November 9-14, 2026.

Whether you're attending your first National Convention or returning as a longtime delegate, this year's event promises an unforgettable week of learning, fellowship, and celebration. Convention is where the Grange comes together to conduct the business of the organization, exchange ideas, recognize outstanding achievements, and build friendships that span the country.

Registration includes daily breakfasts, the Welcome Dinner, Celebration Banquet, a convention tour,

workshops, limited-edition Convention swag, and access to a full week of programming, workshops, activities, and events.

Attendees will hear inspiring speakers, explore Oklahoma hospitality, and help kick off the National Grange's year-long celebration of its 160th anniversary.

Don't wait to reserve your place. Hotel rooms and special activities are expected to fill quickly, so registering early is the best way to ensure you don't miss out.

Visit the [National Grange Convention webpage](#) to register, review the schedule, make hotel reservations, and stay up to date as additional speakers, workshops, and activities are announced. We can't wait to welcome you to Broken Arrow this November.

Head to www.nationalgrange.org/160thconvention to learn more and register today!

Help Shape the Future of National Grange Conventions

The future of our National Grange Convention starts with YOU!

Do you have experience in event planning, budgeting, member engagement, marketing, promotions, or program evaluation? Or do you have great ideas and a passion for creating meaningful experiences?

The Convention Management Team (CMT) is looking for Grange members from across the country to help design not only this year's convention in Broken Arrow, but the future of National Grange Conventions for years to come.

If you're ready to make an impact, we'd love to hear from you!

Interested? Contact CMT Chairpersons Jody and Jodi Ann Cameron at convention@nationalgrange.org to learn more.

Volunteer at Convention

The National Grange Convention would not be possible without the incredible volunteers who step up to serve!

We are looking for enthusiastic volunteers to help make this year's convention a welcoming, successful, and memorable experience for everyone attending. Whether you can help greet guests, assist with events, support activities, or simply lend a helping hand where needed, your time and talents can make a huge difference.

Volunteering at Convention is a wonderful opportunity to:

- Meet Grangers from across the country
- Build connections and friendships
- Serve the organization we all care about
- Be part of something meaningful and memorable

No matter your experience level, there is a place for you to get involved. We encourage members of all ages to join us in helping make Convention a success.

If you are interested in volunteering, we would love to have you on the team! Please fill out the [volunteer form](#) to express your interest.



NATIONAL GRANGE HONORS NIGHT

Friday, November 20
8:30 pm ET / 5:30 PM PT
streamed live on Facebook & YouTube



ARE WE REALLY WELCOMING?

by **Amanda Brozana**

National Grange Membership & Leadership Development Director

Most Granges would describe themselves as friendly.

The harder question is whether a person walking through the door for the first time would agree.

There is an important difference between being a group of friendly people and being a welcoming Grange. Members who have known one another for years may laugh, visit, share inside jokes and genuinely enjoy each other's company. From inside that circle, the Grange feels warm and comfortable. To someone standing just outside it, that same room can feel chilly and difficult to enter.

One way to assess your Grange's **Fellowship Factor** is to look at what happens when new people arrive – and during the first few months after they join.

Do members introduce themselves, or does the visitor have to make the first move? Does someone invite them to sit down and introduce them to others? Does someone explain unfamiliar traditions or terminology?

And perhaps most importantly: what happens after they leave? Does anyone call, text or email to say it was good to meet them? If they join, does someone learn about their family, work, interests, and what matters to them? If they miss the next meeting, does anyone notice?

Does that outreach go beyond Grange business? Are they added to the mailing list, given a small welcome gift, remembered on their birthday, or sent a text complimenting their child's performance in the school play?

Take a Look at Your Fellowship Factor

Ask your members to consider these questions honestly:

- ☐ Would a visitor know where to go and what to do when they arrive?
- ☐ Does someone personally welcome them, introduce them to several people, and make sure someone sits or visits with them?
- ☐ Are unfamiliar Grange terms, traditions, and meeting practices explained?
- ☐ Do we ask new members about themselves before asking what work they can do for us?
- ☐ Do we intentionally learn about a new member's interests, family, values, hobbies, important relationships, and the things they are most invested in?
- ☐ Is each new member connected early with a mentor, buddy or other member who will get to know them beyond Grange business?
- ☐ After a few meetings, does someone know at least three things about that member beyond the basics – perhaps that their child is in the school play, they love chocolate chip cookies, or they are worried about an aging parent?
- ☐ Do we use what we learn – remembering an important date, showing up for an event, or doing something small that says, "We heard you, and we remembered"?

- ☐ Are newer members included in conversations, meals, and social activities, including through personal invitations rather than expecting an email or Facebook post to be enough?
- ☐ Do we contact new members between meetings simply to welcome them or check in, not because we need something?
- ☐ Are they quickly included in newsletters, email lists, text strings and other ways members stay connected?
- ☐ Do we acknowledge their birthdays, accomplishments and important events – and, when appropriate, those of people important to them?
- ☐ Do newer members have opportunities to contribute ideas and help without immediately being handed major responsibilities?
- ☐ When they offer an idea, do we seriously consider it instead of explaining why "we've always done it" another way?
- ☐ Do we let them know help is welcomed but not required, while making clear there is a place for them in our work?
- ☐ If a newer member is capable, interested, and asks to join a committee or lead a project, do we give them that opportunity?
- ☐ Do we notice when someone who had been attending regularly suddenly stops coming – and does someone reach out?
- ☐ Can newer members realistically become part of the social life of our Grange, or do most relationships remain within circles that existed before they arrived?
- ☐ After four to six months, could a newer member name several Grangers they would feel comfortable calling for advice, help, or simply conversation?
- ☐ Would that member be able to say, "These people know me, and I matter to them"?

That last question may be the most important.

Sometimes the warning sign is not that a Grange cannot recruit members. It is that it recruits them and quickly loses them.

If several people have joined but stopped attending within a few months, resist assuming they were simply too busy or not interested enough. Some may have been, but a pattern deserves attention, so ask them. You may learn that meetings were confusing, nobody talked to them after the first night, they repeatedly sat alone at potluck, or their ideas were quickly dismissed. Maybe everyone was perfectly pleasant, but no one moved beyond pleasant enough to build a relationship.

While their answers may be uncomfortable to hear, they are extremely useful.

If your Grange realizes its Fellowship Factor needs work, don't scold members for being unfriendly. Remind one another

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GRANGE HEIRLOOM FOR SEPTEMBER



President, Third Degree

GATHER ONLY THE GOOD SEED. OUR ASSOCIATIONS IN LIFE ARE THE
FIELDS IN WHICH WE REAP. USE JUDGMENT, AND WHILE YOU GLEAN,
LET YOUR EXAMPLE BE SUCH THAT OTHERS MAY PROFIT BY IT.

Use the **Grange Heirloom Program** to teach your members and the community about some of the key cornerstones of the Grange. Materials are available at <http://www.nationalgrange.org/heirloom-program>.

You are welcome to choose any of the **Grange Heirlooms** at any time. We are currently in “Year E,” running through February 2027.

Use the hashtag **#GrangeHeirloom** when you share these important pieces of our work and history on social media.

ACCEPTING NOMINATIONS FOR FOUNDATION ADVISORY BOARD



The Grange Foundation will accept nominations for members of the Foundation Advisory Board through Close of Business on October 16.

Interested persons should submit a letter of intent, bio, and a headshot to ngfb@grange.org and champ@nationalgrange.org.

Election will occur on November 8 at the National Grange Convention in Broken Arrow, Oklahoma.

FELLOWSHIP FACTOR

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what fraternity asks of us: to be part is to agree to invest in one another.

Then choose a few concrete habits and practice them deliberately, such as assigning someone to welcome visitors and connecting each new member with an experienced member early — not just someone who can explain Grange procedure, but someone who will intentionally get to know them.

A good mentor should eventually know who and what matters to that person, what they enjoy, and what might make them feel seen and included.

You should also make it a point to make introductions that give people something to talk about, change where you sit at potlucks occasionally, and call someone who has been absent. An invitation to the newcomer to game night or dinner at your home, not just the business meeting, is a great way to keep them connected and help them not just see but believe in the power of fellowship.

It's also important that you periodically ask newer members, “How are we doing? Is there anything we could have done to make it easier to become part of this

Grange?”

Finally, it's important to understand the difference between being welcoming and being fraternal. A flyer that reads “Everyone Welcome” is a good way to show our doors are open. But the fraternal culture is built when we live out in practice the values inherent in the words we use, calling one another Brother and Sister, beginning the day we accept a new member, and treating one another accordingly.

25 YEARS AFTER 9/11, WHAT DISASTERS REVEAL ABOUT AMERICANS' ABILITY TO RECONNECT

by Tonya Cross Hansel

Associate Dean for Research & Professor, School of Social Work,
University of Texas at Arlington
Originally published in The Conversation

THE CONVERSATION

Many Americans will pause on the [25th anniversary of the 9/11 attacks](#) to remember the [nearly 3,000 people who were killed](#) that day. The attacks became a shared national tragedy, the impact of which reached far beyond those who experienced them firsthand.

The aftermath of such a disaster can place enormous strain on a community. If disruption is prolonged, support is inadequate and the economic and social structures that hold a community together are damaged. Relationships can fracture, trust can erode, and conflict can emerge. Disaster researchers describe this pattern as a "[corrosive community](#)."

As a [social work researcher](#) who has studied disaster recovery and worked alongside disaster-affected communities for more than two decades, I have witnessed another side of the human response to catastrophe: Amid tremendous hardship and loss, people reach for connection and find strength in community.

What happens after a disaster

A [national survey](#) conducted just after 9/11 found that about half of Americans had responded to the crisis by giving to charity, and nearly a quarter donated or tried to donate blood. [Volunteer sign-ups surged](#).

The research I conducted with colleagues on [marriage and divorce following 9/11](#) offered another window into the disaster's effects. We examined divorce rates across all 62 New York counties, comparing the four years after the attacks with the decade before them. Divorce rates were significantly lower than expected in three of those four years. Even by 2005, the statewide divorce rate remained about 8% below what the previous decade's trend would have predicted.

These patterns point to something I have observed in the decades since: During collective crises, people often turn toward [family and social relationships](#).

I saw that instinct again in 2005, after [Hurricane Katrina](#), which [killed nearly 1,400 people](#) and caused more than \$125 billion in damage, making it one of the costliest natural disasters in U.S. history.

Amid enormous devastation and displacement, families took in relatives, and volunteers and organizations from across the country stepped forward. In our research on more than [7,200 children and adolescents](#) from Louisiana communities heavily affected by Katrina, we found that two years after the storm, disruptions such as separation from family and community were among the experiences associated with greater post-traumatic stress symptoms. In our work with [crisis counselors in Louisiana](#), we found that people who had experienced significant losses themselves described finding meaning and healing through helping others recover.



People cheer for rescue and recovery workers heading to and from Ground Zero in the days following September 11, 2001.

Photo by Chris Cawley; via 911memorial.org

Recovery happens together

The National Oceanic and Atmospheric Administration has documented a [sharp rise in billion-dollar disasters](#) in recent decades. In 2024, the last year for which NOAA shared data, the U.S. saw 27 such disasters, compared with an average of about nine a year since 1980. As these events grow more frequent, understanding what helps communities recover will become more urgent.

For some communities – like those on the [Gulf Coast](#) – disasters are not isolated events but repeated experiences. Following the [Deepwater Horizon oil spill in 2010](#) – the [largest marine oil spill in U.S. history](#), which released 134 million gallons of oil into the Gulf – I asked 41 residents what advice they would give others facing similar crises. Many of them had endured [multiple disasters](#), including Hurricanes Katrina, Rita and Gustav. [Their advice](#) was striking in its simplicity: Lean on your faith and find strength in community.

Years later, I heard the same message thousands of miles away when I visited Hawaii after the [2023 Maui wildfires](#), which destroyed the town of Lahaina and killed more than 100 people, making it the deadliest U.S. wildfire in more than a century. During my research for a book about community resilience, residents spoke to me not about individual survival, but about community and a shared commitment to rebuilding.

These were different disasters, places and decades, yet the message was remarkably similar.

Corrosive communities

Recognizing [the strength within a community](#) does not diminish its losses or lessen the responsibility to support it. [People recovering](#) from catastrophe need housing, economic assistance, mental health services and sustained investment.

Without adequate resources to rebuild, the connections that help people move forward can themselves become strained, contributing to a [corrosive community](#).

The 1989 Exxon Valdez oil spill was one of the [largest environmental disasters](#) in U.S. history. It killed hundreds of thousands of birds and other wildlife and billions of fish eggs, driving families and businesses dependent on fishing into



Members of Holy Cross Anglican Church prepare to load up supplies for New Orleans refugees following Hurricane Katrina in 2005.

Photo by PiccoloNamek; accessed via Wikimedia; licensed through Creative Commons

bankruptcy. In its aftermath, the community of Cordova, Alaska, experienced years of economic loss, prolonged litigation and uncertainty. [Researchers documented](#) declining trust, weakened social connections, conflict and population decline – effects that, in some cases, persisted for decades.

A corrosive community becomes more likely when recovery is prolonged, resources are inadequate or uneven, and trust erodes. [Communities are more likely to cohere](#) when support is adequate, resources are distributed fairly and institutions are trusted.

In my assessment, recovery is rarely an individual accomplishment; instead, it happens through families, neighbors, community organizations, volunteers and, sometimes, strangers.

What disasters reveal about us

The American Psychological Association reports that 62% of adults identify [divisions in society](#) as a significant source of stress. And despite being more connected than ever through technology and social media, roughly half of Americans show signs of loneliness.

Our differences do not disappear after catastrophes, but people find ways to connect despite them.

Research following [Hurricane Maria](#), a 2017 storm estimated to have [killed nearly 3,000 people](#), found that survivors extended help beyond their social circles, crossing political, socioeconomic and religious divides and even past conflicts.

Disaster solidarity may be temporary, but it reveals something enduring: Our capacity for connection does not appear when a hurricane makes landfall, wildfire spreads or an unimaginable act of violence like 9/11 occurs. It's already there.

There is something to learn from a disaster that can help in the everyday moments that test us, too.

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STATE PRESIDENTS: ARE YOU IN ACTION?

State Grange Presidents are reminded that they can apply for the State President in Action Award.

- Submit 1 letter-sized page with color photos and a brief caption (Suggested: Only 140 words) of three (3) different events/activities; with no more than 1 photo for each event for a total of 3 photos, from September 1, 2025, through August 31, 2026. Anything over 1 page will be disqualified.
- The State Grange Name must be on the front of the page.
- On a separate page, please include the name, address, phone and/or cell number, and email address of the person who submitted the Grange In Action.
- If you assist in organizing a new or reorganized Grange, you will qualify as a "Super State President in Action."
- If one of your events/activities/meetings is on Project Sustenance, you will qualify as a "**Diamond State President in Action.**"
- If one of your events/activities/meetings is on mental health, you will qualify as a "**Golden State President in Action.**"

Send to lwashington@nationalgrange.org by September 18!

ARE YOU ENGAGED YET?

JOIN OUR NEW
MEMBER PLATFORM
THROUGH THE
NATIONAL GRANGE WEBSITE



- Manage your Grange, instantly contact members, and post updates in your Digital Hall
- Connect with Grangers nationwide on "the Porch" or at "the Potluck"
- Post your Grange Fundraisers for members across the country
- Access member-only materials
- and more!

VISIT [NATIONALGRANGE.ORG](https://nationalgrange.org)
AND CLICK "MEMBER LOGIN" TO GET STARTED.

HAMP WATCH: WHERE IS OUR NATIONAL GRANGE PRESIDENT?

This monthly feature highlights where National Grange President Chris Hamp has been and what she's been up to. Do you want to see her in your neighborhood or at your Grange event? Email her at champ@nationalgrange.org. This week, we're looking back at August.



August 1: Attended the Literary Fair at the Whelan-Ewartsville Grange Hall, which kicked off Words for Whitman, the RLI project for Whitman County Pomona #2 (WA).



August 14: The perfect day and seat for a couple of hundred miles on the bike for a birthday ride around northeast Washington - we saw five dams.



August 7: Duane and I traveled south to Whitman County and were immersed in dryland agriculture and the hills of the Palouse. Those straw bales are huge! The first person who contacts me and correctly identifies the green fuzzy crop (at right) wins a prize!





August 19: Our own Five Mile Prairie Grange #905 (WA) completed our RLI project by attending the Back-to-School Block Party at Shiloh Hills Elementary in Spokane, where we gave away free composition books and freezer pops, gave the school 800 sets of earbuds, and presented the principal with \$1,000 to establish a Resource Hub for their students and families.



August 24: We loaded up the RV and headed to northern California for a few days of camping with Paul and Susan Hanks (CA) on a creek outside Lassen Volcanic National Park. Have hotspot, can travel!



August 31: Five Mile Prairie Grange #905 (WA) hosted a potluck and Family Feud-style game night for our August community event. The competition was fun and fierce!



Submit your stories and Grange successes to...

GRANGE  *Today!*

<https://grange.biz/grangetodaysubmit>

RURAL MINDS LAUNCHES NATIONAL RURAL YOUTH MENTAL WELLNESS PROGRAM TO ADDRESS YOUTH SUICIDE CRISIS

New program pairs Northwestern University's Lab for Scalable Mental Health with a rural teen advisory committee to close gaps in youth mental healthcare



On September 1, Rural Minds®, the national nonprofit dedicated to rural mental health, announced a new nationwide initiative to provide tools and resources to respond to the mental health crisis afflicting teenagers in rural America.

The national launch of its **Rural Youth Mental Wellness Program** will be anchored by a new set of free, digital self-help sessions, called “Single Session Interventions (SSIs)” adapted in partnership with Northwestern University’s Lab for Scalable Mental Health and delivered through a digital platform built by Koko. The rollout coincides with National Suicide Prevention Month.

The rural-specific SSIs are brief, self-guided digital modules that teach teens ways of understanding and coping with depression, anxiety, and stress. They can be completed online, anonymously, in about 10 minutes, at no cost and with no clinician needed, making them especially valuable for rural communities where mental health providers are scarce. The tools are accessible from the [Rural Youth Mental Wellness Program webpage](#).

“A young person’s ZIP code should never determine whether they can access meaningful mental health support where and when they need it,” said Dr. Jessica Schleider of Northwestern University’s Lab for Scalable Mental Health. “Our lab is thrilled to partner with Rural Minds as they champion evidence-based, anonymous, freely available support tools designed to overcome barriers to help-seeking faced by rural youth across the country.”

Rural teens face mental health challenges distinct from their urban peers, including isolation, stigma, and limited access to care. According to the Centers for Disease Control and Prevention (CDC), the suicide rate for rural youth ages 15 to 19 is 74% higher than for their

urban counterparts. Most existing mental health resources were not designed with rural young people in mind, a gap the SSIs and the broader program were built to close.

“Rural youth face a mental health crisis that’s been largely invisible to the rest of the country,” said Jeff Winton, founder and chairman of Rural Minds. “The Rural Youth Mental Wellness Program was built with rural teens, not just for them, and this launch is a major step toward no young person being left without support simply because of their ZIP code.”

The program launches nationally following a successful pilot in Pennsylvania and New York with support from Boehringer Ingelheim; the national rollout is sponsored by the Somo Foundation. It was built from the direct input of a teen and young adult program advisory committee, whose members shared their own experiences and rural perspectives to help shape the program content and delivery from the ground up.

“We are proud to support Rural Minds’ work to advance mental wellness in rural America,” said Faith Frank, Executive Director of the Somo Foundation, the philanthropic arm of Somo. “Both Somo and the Somo Foundation are proud to stand behind this program that will focus on young people in rural communities.”

“Supporting the pilot of this program in Pennsylvania and New York showed us what becomes possible when rural young people help design the resources meant to serve them,” said Vanessa Pott Smedo, Head of Global Patient Engagement, Boehringer Ingelheim International. “We are proud to see the Rural Youth Mental Wellness Program reach teens nationwide.”

The program’s online hub also offers practical resources, social support tips, and culturally relevant content organized by topic, including anxiety, depression,

Project YES

Explore 5-10 minute courses to help you feel better.

🌟 Improve your mood

👁️ Rethink body image

📺 Reframe negative thoughts

💪 Know your power to change

🏡 Take steps toward your goals

🏳️‍🌈 Protect your LGBTQ+ pride

🔥 Handle self harm urges

🌙 Stay safe during dark thoughts

The Single Session Interventions (SSIs) available through Project YES (Youth Empowerment & Support), a portion of the Rural Minds Youth Mental Wellness Program.

Screenshot provided

substance use, suicide prevention, and LGBTQ+ youth, along with a toolkit to equip parents, teachers, and community members with program content to support the young people in their lives.

The combination of rural lived experience, youth-centered design, and academic partnership behind the program, anchored by the SSIs, is not found in existing national programs. The program will continue to evolve based on ongoing feedback, including a survey accessible from the program webpage on the Rural Minds website at www.RuralMinds.org.

ABOUT RURAL MINDS

Rural Minds is the only national 501(c)(3) nonprofit focused on advocating for rural mental health equity, promoting mental wellness, and providing educational content to confront rural mental health challenges and the stigma that surrounds mental illness for the 46 million people living and working in rural America. To learn more, visit www.ruralminds.org.

Recipes from the Heartland

The America's 250th Grange Workgroup is celebrating our country's 250th Anniversary by "throwing back" to some classic recipes from Grange cookbooks. Do you have favorite recipes that evoke the American spirit which you would like to see published again? Send them to Lew Gaskill at olgaskill@comcast.net. Please include which Grange cookbook your recipes come from.

This week's recipes are from
[The National Grange Bicentennial Year Cookbook \(1976\)](#)

Fresh Apple Salad

Courtesy of Mrs. Steven D. Symms
Wife of Representative from Idaho
Washington, D.C.

Red and Golden Delicious apples
Lemon juice
1 cup diced celery
1 cup diced oranges
1 cup diced pineapple
1/2 cup green seedless grapes, halved
1/2 cup currants, raisins or dates
1/2 cup chopped pecans or walnuts
Sliced bananas to taste
Cream Cheese Dressing

Core apples but do not peel red ones; dice enough apples to make 4 cups. Sprinkle with lemon juice to prevent discoloring. Add celery, oranges, pineapple, grapes, currants, pecans and bananas, tossing to mix well. Add enough Cream Cheese Dressing to coat well, just before serving. Canned oranges and pineapple may be used, if desired.

Cream Cheese Dressing

1 3-ounce package cream cheese, softened
2 to 3 Tablespoons pineapple juice
1 cup whipping cream, whipped
Confectioners' sugar to taste, (opt.)

Beat cream cheese until fluffy; beat in juice. Fold in whipped cream and small amount of sugar, if desired. Will keep for several days in refrigerator.

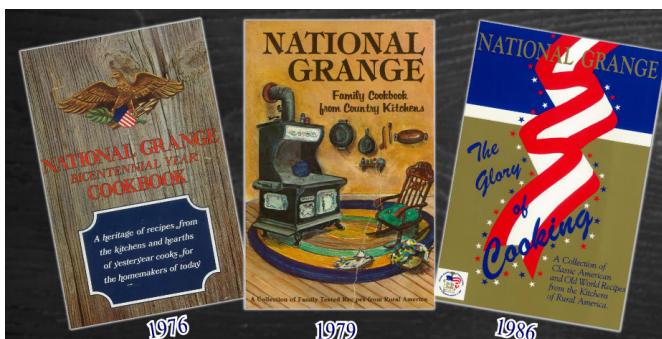
Dutch Dinner Casserole

Courtesy of Nelson Lanchester
Crystal Grange #1126
Bremerton, Washington

1 1-pound 4-ounce can tomatoes
2 pounds round steak
3 Tablespoons shortening
3 Tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
8 to 10 medium potatoes
12 medium carrots
6 small onions

Drain tomatoes; reserve juice. Pour reserved tomato juice back into can; add enough water to fill can. Cut steak into 7-inch squares; cook in hot shortening in skillet until brown. Remove steak to 3-quart greased casserole or baking pan. Add flour, salt and pepper to fat in skillet; stir until smooth. Add juice mixture slowly, stirring constantly; cook for 2 minutes. Place potatoes, carrots, onions and tomatoes on top of steak; pour gravy over vegetables. Cover tightly. Bake in preheated 350-degree oven for 2 hours.

Yield: About 8 servings.



Available through the Grange Store
for digital download



SUPPLY STORE

www.grangestore.org

or

issuu.com/grangegoodday

GRANGE MEMBER BENEFIT:

LIFE LINE SCREENING



National Grange has partnered with Life Line Screening to provide convenient, preventive health screenings to help detect risk for stroke and cardiovascular disease at a special rate for our members.

4 Vital Screenings for \$135

- Carotid Artery Ultrasound
- Atrial Fibrillation
- Peripheral Artery Disease
- Abdominal Aortic Aneurysm

Because you are a valued National Grange member, you also receive the Osteoporosis screening for only **\$10**.

Call today for more information or to schedule an appointment near you:
1-888-787-3294 • Priority Code: **BHUS001**



GRANGE STORE:

#GRANGESTRONG SOCKS



SUPPLY STORE

www.grangestore.org

#GRANGESTRONG



GRANGE STRONG SOCKS

Quantity Running Low!

Show and wear your Grange Pride at various events and activities, especially at State and National Conventions!

Featuring the **#GrangeStrong** logo on a light gray sock.

80% combined cotton, 15% nylon and 5% elastane.
One size fits most

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NATIONAL GRANGE

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