



# a quarter's worth

## A WORTHY WELCOME

Lecturers, and Grange members all,

I love the start of a new year with its clean slate and fresh opportunities. I love challenges and resolutions. I especially love to push myself to do better and to be better. "Better at what," you ask? "Better at everything," I say.

This reminds me of one of my favorite quotes by one of my favorite civic leaders, Max De Pree. We cannot become what we want by remaining what we are.

Think about that for a minute, or two. Think about it in terms of you. Think about it in terms of your local Grange, your State Grange, the National Grange. We cannot become what we want by remaining what we are.

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## Hold a socially-distanced photo safari!

BY SCOTT NICHOLSON

*Lecturer, Montana State Grange*

While we are struggling to find ways to adapt and find things to do during our current situation, and since most of us have a phone with a good camera or a stand alone camera, let's try to do something that involves our cameras and safe distancing. How about trying a socially distanced "A day in the life" photo safari?

This is an activity that can get your members out and active in a safe manner and you can get entries for this year's National Grange Virtual Photo Contest at the same time.

There are several different ways a Photo Safari can be done. One way is to set a day, time and a location – like a wildlife refuge, nature trail, farm, etc. at which to meet. Every 7 minutes stop wherever you are, compose and take a photo and repeat for an agreed amount of time, say for example, one hour.

Another way to do this would be similar to the above only everyone chooses their own venue to photograph or do it in smaller groups on the same day or within just a couple of days of each other.

Once your photo shoot has taken place have everyone choose their best three photos. Then have them sent to the Lecturer (or group leader) via text or email so that the photos can be put together in a PowerPoint presentation, shared album or even shown during a Zoom meeting. Note: sharing photos can be just as important as the act of going out and taking them.

This Photo Safari is an activity that requires minimal planning and could be done in conjunction with other Granges, on a state level or even across state lines. A few things to keep in mind: your state and local COVID-19 restrictions/rules, that the venue you choose is open to the public and that it is easily accessible, and that everyone is familiar with the 2021 National Grange Virtual Photo Contest rules and categories, if contest entries are part of the goal.

Most important of all, relax, visit and enjoy!



## National Lecturer's Challenge

I challenge EVERY Grange in the country to be represented at the 155th annual convention of the National Grange – have a member attend, enter the 2021 Publicity Item Contest, encourage a member to enter a virtual photo or a quilt block, support a Junior or youth member to enter one of the many contests open to them, share the contest and program information with your community and foster participation by someone who is not yet a member – there are so many ways to get involved and to represent!



## WELCOME ... from page 1

The concept is quite similar to the age-old definition of insanity – doing the same thing and expecting a different result.

Leadership is an Art, DePree's first book, is a quick, inspiring read and has been within easy reach since my graduate school days in the early 1990s. While thinking about and setting my Grange resolutions for 2021, I reached for and re-read Leadership is an Art cover to cover over the last few days – and once again came away wanting more, more of myself, and whether fair or not, more of everybody.

I encourage you to pick up a copy of Leadership is an Art and to give it a read or use an Amazon Audible credit and have someone else read it to you. Then, before another day goes by, I challenge you to step up and challenge that guy or gal in the mirror.

"It'll be fun," I say.



# Consider a program on caring for a loved one with Alzheimer's

*Submitted by Fayerene Smith  
Lecturer, Texas State Grange*

According to the Alzheimer's Association, one in ten people in the United States 65 or older live with the degenerative disease. That figure jumps to nearly a third of the population 85 and older.

This means millions of Americans are caring for a loved one facing the illness that causes dementia, and the gradual loss of memory, judgement and ability to function. Those same individuals know they are more likely to be diagnosed with the disease themselves.

Because of this, hosting a program for the community that provides individuals with information about caring for people with Alzheimer's.

Here is some relevant information, which could be included during your event, that was gleaned from an article in Guideposts.

- Keep 'em doing what they love. If they love junk food, let them have

some. If they knit, let them knit. A doctor's recommendation to a son for his father resulted in another year of fun together when they began playing pool which was familiar to his dad.

- Make things easy. Engage with them at their cognitive level. Make things less challenging.

- Take care of yourself. Alzheimer's patients can be moody and testy. Don't take it personally. If you're stressed, it can add to their stress. Find an adult day-care program. Share the care whenever possible.

Did you know that scientists are making great progress in the fight against Alzheimer's, but 80 percent of studies are delayed because too few people sign up. Guideposts has partnered with the Banner Alzheimer's Institute to help end Alzheimer's. Join them by registering with the Alzheimer's Prevention Registry ([guideposts.org/help-end-alz](https://guideposts.org/help-end-alz)) to receive emails and research news.

## PLAN A FREE DAY OUT

Each year, the National Park Service waives entrance fees on special days. In 2021, those days will be:



- Saturday, April 17, The first day of National Park Week
- Wednesday, Aug. 4, One-year anniversary of the enactment of the federal Great American Outdoors Act
- Wednesday, Aug. 25, National Park Service birthday
- Saturday, Sept. 25, National Public Lands Day
- Thursday, Nov. 11, Veterans Day

Go to <https://www.nps.gov/findapark/index.htm> to find more than 400 sites within the National Park Service.



## Q2 2021 DEADLINE

Deadline for submissions for A Quarter's Worth, Second Quarter edition is May 1.

Send ideas, tips, notices and other content options to National Lecturer

Chris Hange by email at [lecturer@nationalgrange.org](mailto:lecturer@nationalgrange.org) or contact her by phone at (509) 953-3533.

# Pro-tip for quilt block makers: Setting seams (and killing germs!)

*Submitted by Bonnie Mitson  
Lecturer, Idaho State Grange*

The National Grange Quilt Block contest has proven to be fun, educational and inspirational.

Over the last four years we have received well over 1,000 blocks. As the contest has evolved during this time here are the things I have noticed:

- We have gathered in fellowship to make blocks.
- We have used this contest to teach the next generation (and folks in every generation) a basic skill.
- We have made new friends, embraced non-members and encouraged the men to join.
- We have gone from uneven stitch lines to great quarter-inch seams.
- We have learned to clip our threads. (The backs of the blocks

are lovely.)

- We have learned to choose a very nice cotton fabric versus a heavyweight one.
- We have learned to create blocks with hearts and half square triangles.
- We have made 9 patch blocks and simple set blocks.

And now as part of the 2021 National Grange Quilt Block Contest we get to try our hand at a pinwheel. This pinwheel will introduce us to more seams. But you are ready! So now let's learn how and why we should Set a Seam. After sewing the fabric pieces right-side together, iron the seam flat – this relaxes the thread and helps the thread to nestle into the fabric. Ironing the seam flat also smooths out any wrinkles or puckers that were caused by tension trouble. In addition it will increase the flatness in the next step.

The next step? – ironing to one side

of the finished block. I know you are asking, “Do I have to set a seam every time I sew one?” The answer is yes. Whenever you sew a seam in a block it has to come off the sewing machine, so just press it flat, quickly, with an iron. You will quickly notice how easy this makes it to join the next section of the block.

WOW! What a simple thing to do to bring the quality of your block to the next level. There are many YouTube videos on setting a seam – I encourage you to watch a couple.

I bet you will love making your pinwheel block. Please keep in mind that it is perfectly alright and will not count against you to fold your block so that it fits in a regular envelope with a regular stamp.

Happy block making – you've got this!

TIP: Steam irons kill germs. Every time you press a seam you are killing germs. Go get 'em!

## GRANGE LEADERS' SURVIVAL KIT

*Submitted by Diana Nordquest  
Lecturer, Ohio State Grange*

*This was used as prizes at a Lecturer's workshop*

- **Paper and Pencil** – To note down new and useful ideas that they be not lost!
- **Rubber Bands** – To remind you to stay flexible!
- **Tape** – To mend hurt feelings with forgiveness and grace.
- **Scissors** – To separate the good from the bad.
- **Stickers** – To remind you to smile, smile, smile!
- **Paper Clip** – To help hold it together.
- **Notecards** – To share information with others!
- **Pens** – To write down what never should be erased.
- **Balloons** – To inflate the ego of others!
- **Candy** – Because you are worth \$100 Grand!





# Get ready for a milestone celebration: Make your own time capsule

*Printed recently in Edgewater Place Apartments Newsletter, Three Rivers, Michigan and the Michigan State Grange First Quarter, 2021 Family Activities Bulletin*

When December winds down, we get ready to greet a new year. Take a few moments to look back and create a time capsule that will hold memories you can revisit in the future.

First, choose a container. Depending on the items you want to include, it can be a glass jar, sturdy box or plastic bin. Be sure it has a lid to keep the contents from spilling out. Label the time capsule, and if you want to get creative, decorate the exterior.

Then comes the fun part, gathering the items you'd like to save. Your collection can be simple or sizable. Here are some ideas: Print photos of yourself, family, and friends. Toss in a souvenir from a place you visited. Add

a magazine or newspaper to show national and world happenings. Include a list of favorite TV shows, movies, and songs, as well as the current prices for things such as your go-to beverage or a gallon of gas. Write a letter to yourself about your top memories of the past months, and plans for the year ahead. If you'd like to use technology, record audio or video interviews with people in your life and save the files to a flash drive to include in the container.

Help young children take part in contributing a piece of their artwork or a tracing of their handprints. Jot down their favorite activities or describe a recent milestone.

Update your time capsule every year and make reviewing it and adding to it a special occasion.

## GRANGE PROGRAM IDEA

VIRTUAL OR  
IN PERSON

The National Grange Communications and Membership Departments have teamed with the Grange Youth and Junior Grange departments to create a program called **"Love Letters to the Future of the Grange."**

Notes will be collected and saved in a time capsule. Select notes will be released every few years, and all contents will be fully released in 2050.

At an upcoming meeting, encourage every member to write a short note or letter to those who will be Grange members in 2050. Take time to talk about what your hopes are for the Grange of the future and what you'd like them to know about your Grange experience that will make them fall in love with the organization.

**DEADLINE TO BE INCLUDED IN TIME CAPSULE:**  
155th Annual Convention

**SEND TO:** National Grange, 1616 H St. NW, Washington, DC 20006, ATTN: Amanda or email to [communications@nationalgrange.org](mailto:communications@nationalgrange.org). You or your State Grange President may also choose to collect them and bring them to the National session in Wichita, Kansas



## Shout Out

To Sister Pat Boyd of Stony Point Grange #1694 in Pennsylvania for being the driving force and chief quilt maker behind her Grange's Quilts of Valor program. Thanks Pat, for all you do!

To Sister Bonnie Mitson and to her band (Cherie, JoAnne, Shirley, Maryellen, Scott, Mary and Leslie) of merry quilters and helpers who tirelessly work to make sure every single quilt block submitted becomes part of something special. You are amazing and so very much appreciated!

To Sister Karen Jackson for testing the 2021 National Grange Quilt Block instructions and for making the first two Pinwheel blocks that star on the contest's social media ad.



A PROGRAM OF THE  
NATIONAL GRANGE LECTURER

# FLAGPOLE RELOCATION INITIATIVE

New for 2021!



# How can you help hoist the flag in your town once again?

This Initiative gives local Granges a great project with which to collaborate with other community partners – it also builds upon our legacy of being this country's greatest champion of civics and builder of citizens.

Granges are encouraged to identify forgotten and/or no longer used flagpoles in their communities and relocate them to a park, your Grange hall, the local VFW or the town square to be used proudly once again.

Many government buildings like fire stations, armories, schools and libraries that are no longer in service for one reason or another; as well as the closed halls of fraternal organizations such as the Masons, IOOF and other Granges are a good place to look for flagpoles ready to be the center of attention once again.

The possibilities for collaboration with this initiative are endless as are the benefits to your Grange and your community.

Picture in your mind a crowd gathered around a relocated flagpole for a dedication ceremony, the anticipation, then joy as a new flag is raised to proudly fly in your community.



For more information, and to share the story of your flagpole relocation, contact National Grange Lecturer Christine Hamp by email at [lecturer@nationalgrange.org](mailto:lecturer@nationalgrange.org) or by voice/text at (509) 953-3533.