



a quarter's worth

A WORTHY WELCOME

Lecturers, and Grange members all,

I'd like to introduce, or reintroduce, you to The Daffodil Principle – originally written in 1995 by Jaroldeen Asplund Edwards. The Daffodil Principle is a short, but powerful, story about investing in the future, about incremental change and about loving the doing. Look it up. Read it. Share it!

The Daffodil Principle confirms that when we multiply tiny pieces of time with small increments of daily effort, we will find we can accomplish magnificent things – that we really and truly can change the world. When we look into the mirror and commit to being responsible for our own actions and to believing that incremental change starts from within, there is no limit on what can be accomplished. The potential accomplishments increase exponentially when you work together

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Program to help those diagnosed with cancer released

*Submitted by Betsy E. Huber
President, National Grange*

National Grange is pleased and proud to present the program “What to Do with a Cancer Diagnosis,” prepared in partnership with RetireSafe and made possible by a grant from Bristol Myers Squibb.

Did you know that 40% of Americans will receive a cancer diagnosis in their lifetime? This is a frightening statistic that makes the information included in this pack valuable to all of us so we can be prepared for this possibility for ourselves and our loved ones. The project includes a six-part presentation giving you next step advice if you or a loved

one are to ever get news that you have cancer.

Information includes different treatment options, how to prepare medical documents, types of treatments, self-advocating, and a medical checklist.

Packets containing the narrated slide show and supplemental materials were sent to every Grange president in July and everything is also available on www.nationalgrange.org under the Member Resources tab.

This project is not only for Grange members but for everyone. We strongly encourage you to plan a public meeting to present the program to friends and neighbors in your community.

National Lecturer's Challenge



I challenge EVERY State Lecturer to make at least one update to their 2022 program/contests.

NATIONAL GRANGE LECTURER

2021 PUBLICITY ITEM CONTEST



OPEN TO ALL GRANGES, GRANGE COMMITTEES OR GRANGE GROUPS

Two divisions:
Professional
or In-House

Eligible items include anything you create to promote Grange

All entries must be received electronically as a single file no larger than 1GB via Google Forms by Oct. 31, 2021.

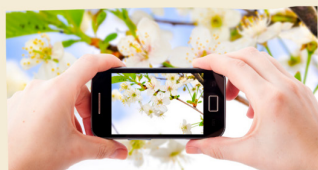
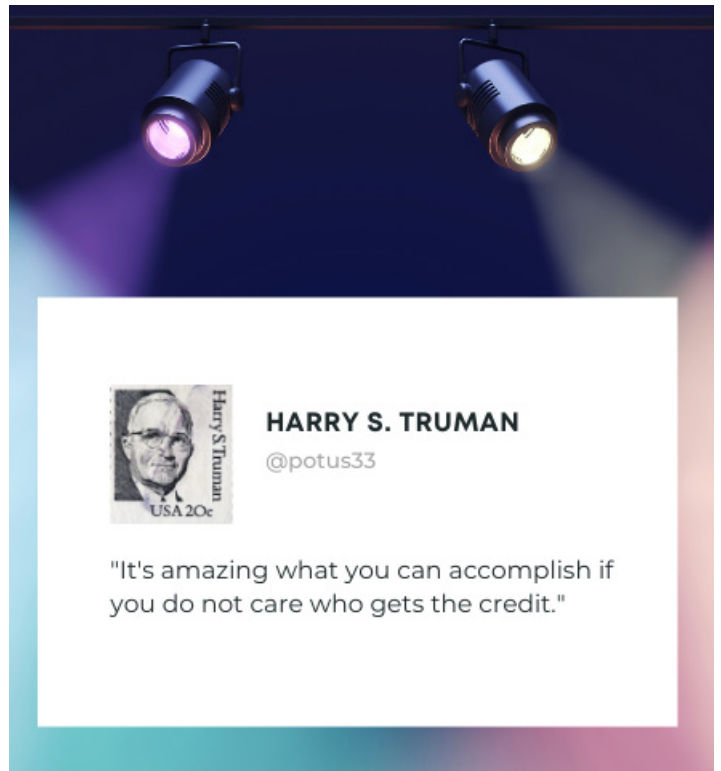
For all details, visit nationalgrange.org/lecturers-programming/

A WORTHY WELCOME cont'd... from page 1

with others who share the same vision and when you don't care who gets the credit.

In the context of The Daffodil Principle, I have two questions for you today. What is your garden? What are you doing today to create it? I'd love to hear your answers.

Christine S. Hango



EVERYONE CAN ENTER OUR

NATIONAL GRANGE 2021 VIRTUAL PHOTOGRAPHY CONTEST



Get all details at bit.ly/ng21fotocon
Submit entries at bit.ly/grange21photo



2021 National Grange Quilt Block Contest

Sponsored by the National Lecturer

ADULT, JUNIOR AND MEN'S DIVISIONS
OCTOBER 31, 2021 DEADLINE

Pinwheel pattern

*Go to nationalgrange.org
for all details and entry sheet*

Block may be any color on white background, finished at 14" x 14"

Tips to attract more birds to your backyard

*Submission by Cole's Wild Bird
Reprinted with permission of
Family Features*

With all the constraints people lived through in 2020, many turned to their own backyards - nature, in particular - for hope, solace, wonder and even entertainment. Despite the worldwide crisis, nature's normalcy remained intact; flowers continued to bloom, bees continued to pollinate and birds continued to fly and forage food.

Feeding birds can be enjoyable for any age group and provide stress relief for all who partake. A University of Exeter study, focused on nature's impact on humans in suburban and urban areas, found lower levels of depression, anxiety and stress were associated with the number of birds people saw during afternoons at home. The benefits of birdwatching come from seeing lots of birds - quantity not "quality" - the study found.

People "felt relaxed and connected to nature when they watched birds in their gardens," researchers said. These feelings increased with the level of bird feeding in the yard. For millions working and schooling from home, this stress reduction was an unintended bonus.

Data from 2020 shows sales of bird feed, feeders, nesting boxes and bird houses spiked as interest in backyard birds soared while people spent more time at home.

Interest in birding isn't slowing down. If you haven't tried attracting birds to your backyard, now is a perfect opportunity to start. The



experts at Cole's Wild Bird Products Co. offer these bird feed and feeder basics to attract more birds to your backyard.

Feeders

A variety of bird feeder types placed at different heights attract more birds than one feeder featuring one seed type. Start with two feeder types that accommodate most feed options. Bowl feeders serve not only seeds but also dried mealworms, fruit and suet. An option like Cole's Bountiful Bowl Feeder comes with an adjustable dome cover you can raise or lower to prevent larger birds and squirrels from getting to food and protect it from rain.

Traditional tube feeders are

all-purpose options for bird feeding, especially for small birds that cling. For example, the Terrific Tube Feeder is made with state-of-the-art materials to prevent warping and discoloration and includes a quick-clean, removable base to make cleaning fast and easy. Just push a button and the bottom of the feeder pops off for easy access to the inside. Rinse the feeder with soapy water, dunk it into a water-bleach solution at a concentration of 9-to-1, rinse, dry and reattach the bottom. Regular cleaning of feeders is essential for preventing mold, germs and disease.

Popular Foods

Birdseed: Not all birdseed is created equal. Look for quality

blends without cheap filler like red millet and oats. All-natural seed containing no chemicals or mineral oil is safe and more appealing to birds. Top seed picks include all-natural black oil sunflower and Cole's "Hot Meats" (sunflower meats infused with habanero chili peppers that birds love and squirrels dislike). Or an option like Special Feeder blend, packed with favorites including black oil sunflower, sunflower meats and pecans, attracts the greatest number of wild birds. Offering a wide variety, Cole's feed is researched and specifically formulated to attract certain bird species, the largest number of birds and the greatest variety of birds.

Insects and Worms: A healthy, lush lawn is one of the best ways to feed birds that prefer insects and worms. You can supplement birds' diets by serving dried mealworms in a packaged variety that's easier to feed and less messy than live mealworms. Mealworms are packed with energy and contain essential nutrients, fat and protein.

Fresh Fruit: Apples, orange halves and bananas are favored fruits.

Suet: Perfect for insect-eating birds, suet is a high-fat food that provides abundant calories, rich nutrition and is a high-energy treat.

Using the right feeders and high-quality feed can enhance your backyard and entice more birds, bringing stress relief and enjoyment. For more information on attracting birds to your backyard, visit coleswildbird.com.

QUOTE FOR A QUARTER

"It's never too late to be who you might have been." (George Elliot)



Remember.

Save for later.

Recognition certificates now available for newer members at your favorite price!



Don't wait decades. New members want to know they're valued, too!

The National Grange Membership Department is offering FREE downloadable certificates for 5, 10, 15 and 20 year members. Request the PDFs from Amanda at membership@nationalgrange.org then fill out and print to present!

With flag ceremony, each fold has meaning

Submitted by Fayerene Smith
Lecturer, Texas State Grange

The flag-folding ceremony represents the same religious principles on which our great country was originally founded.

The first fold of our flag is a symbol of life.

The second fold is a symbol of our belief in eternal life.

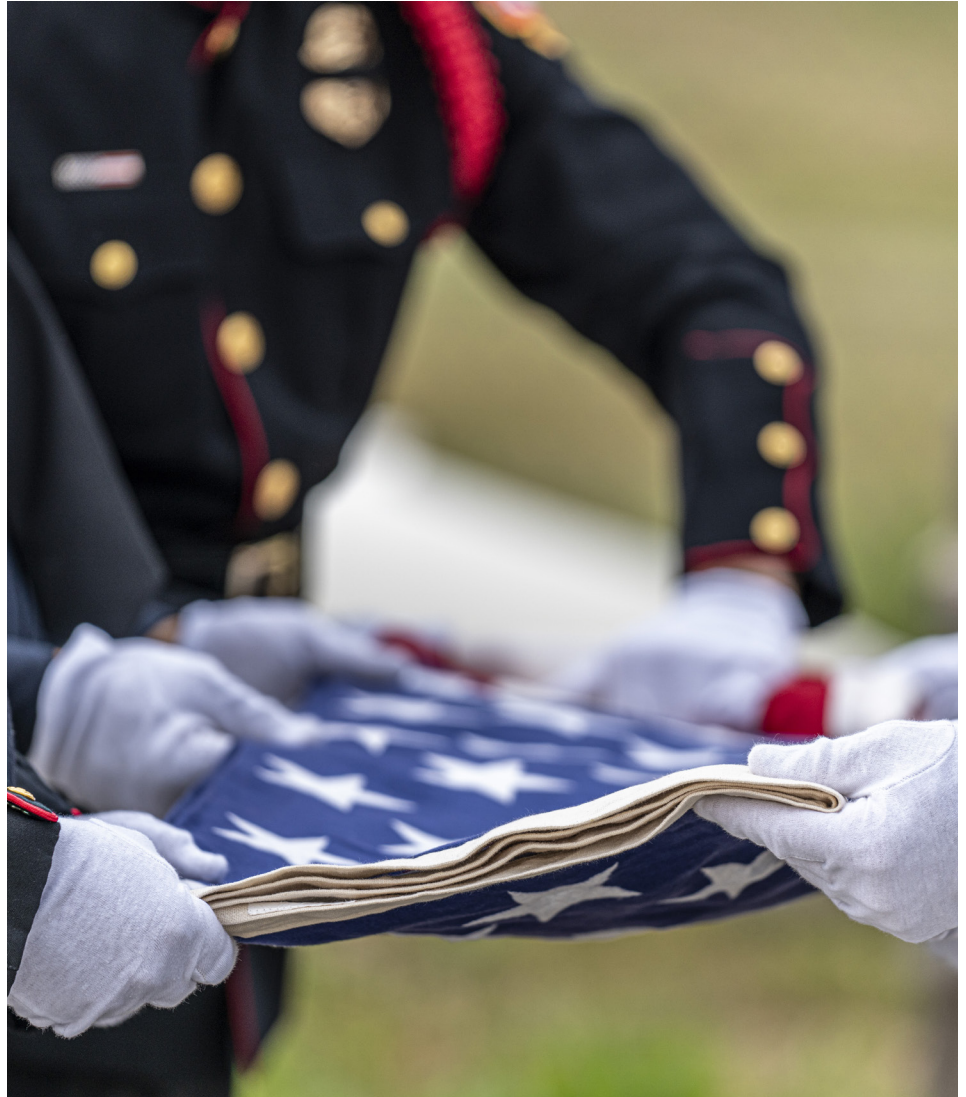
The third fold is made in honor and remembrance of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace throughout the world.

The fourth fold represents our weaker nature; as American citizens trusting in God, it is Him we turn to in times of peace, as well as in times of war, for His divine guidance.

The fifth fold is a tribute to our country. In the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."

The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies, whether they be found within or without the boundaries of our re-



public.

The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.

The ninth fold is a tribute to womanhood. It has been through their faith, love, loyalty and devotion that has molded the character of the men and women who have made this country great.

The 10th fold is a tribute to father, who has also given his sons

and daughters for the defense of our country since he or she was first born.

The 11th fold represents the lower portion of the seal of King David and King Solomon and glorifies the God of Abraham, Isaac and Jacob.

The 12th fold represents an emblem of eternity and glorifies God the Father, the Son and Holy Ghost.

The 13th and last fold, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."

Eyebrow-raising recipe will engage new ‘mixing’ technique

Submitted by Gwendolyn Swenson

*National Lecturer Advisory Board
Member & Minnesota State Grange
Women's Activities Director*

Are you busy with your gardens, going to Farmer's Markets, canning or attending your local and state fairs?

Are you looking for ideas for your Grange and summer and fall produce?

One of our Granges has a fall vegetable auction along with a meal. Maybe even donate to a local food shelf or share with your neighbors or co-workers.

I know some of you are always looking for recipes to do with younger family members or Juniors. Give this one a try. Have fun!

Armpit Fudge

1 tablespoon butter
1 tablespoon cocoa
1 tablespoon cream cheese
½ cup powdered sugar
Dash of vanilla

Measure all ingredients into a small plastic freezer bag. Place bag in your armpit. Mix together with armpit, not with hands.



Q4 DEADLINE

Deadline for submissions for A Quarter's Worth, Fourth Quarter edition is November 1.



Send ideas, tips, shout outs and other content options to National Lecturer Chris Hamp at lecturer@nationalgrange.org or contact her by phone at (509) 953-3533.

Shout Out

To all the Grangers who still buy green bananas and have already booked their cabin or RV site for the 2023 Grange Revival in the upper peninsula of Michigan!

