

Marys River Messenger

The Marys River Grange Newsletter



Vol. 1, Issue 4

March/April 2019

Grange Member Farm Spotlight: Totum Farm



Going into its seventh season this year on thirty acres in Blodgett, Totum Farm is guided by a philosophy of wholeness and inclusion that gives new resonance to ideas of what makes up a family farm. At Totum, familial compassion and consideration extend beyond the human coterie, to each and every one of the lives that come and go from the pastures.

Totum's Jessie Blume tells a remarkable story of how she, her partner David, and their daughter Emmie came to the art of raising chickens, pigs, and turkeys on pasture with exceptional care for the local meat market. As committed vegetarians, the family faced considerable quandaries in 2012 when a naturopathic doctor recommended that Emmie begin eating meat to assuage

health issues. After much consideration, the family came to the conclusion that the only way they could “make sense of having animals on our table” was if they raised and cared for the lives they would consume from beginning to end. “We needed to be part of the entire process,” says Jessie. “It is important that we give all of ourselves to the animals.”

This determination was the beginning of an agricultural education for Jessie, David, and Emmie, who had never farmed before. This founding story also grounds the guiding principles of their enterprise: the farm's name comes from a Latin phrase, Totum Bonum, which describes a philosophy that considers wholeness as integral to all aspects of life. In simplified terms, and more importantly in practice at Totum Farm, every part of animals' lives and the environment in which they are enmeshed matters in the making of their ends as nourishment for other lives.

Over the years, Totum's practices have developed and expanded along these lines. As a family, they started out by learning the ins-and-outs of poultry production through immersion in chicken processing. Jessie recalls how Emmie, at seven years old, would stand on a milk crate at the evisceration table, plucking with gusto and eagerly absorbing every skill. Indeed, Emmie has led the way in many of Totum's enterprises. “She has farming in her bones,” says Jessie.

At present Totum Farm raises and processes about one thousand chickens a year, selling at the Corvallis Farmer's Market, operating a CSA in the winter, and supplying a number of customers in Portland. They also raise 120 turkeys in the fall, and about twelve pigs a year. A mainstay of Totum's vision is the inclusion of all animals they raise within their circles of respect and compassion, in ways that go well beyond even the most rigorous regulations for humane care. Every pig they raise has a name, for instance. “Just because we are

going to eat them doesn't mean they don't deserve respect," says Jessie. The effects of this holistic approach ripple out beyond relationships on the farm and into the local environment. Jessie notes that many of Totum's customers are in the process of healing in various ways from the ills of industrial food production, supported by local doctors who recognize how the conditions of an animal's life matter to the nutritional qualities of its afterlife as meat. "We talk about health a lot at the market booth," Jessie reflects.



She notes, too, the ways in which raising animals for meat, in particular, benefits the local economy; with the turkeys they raise, for instance, poult, feed, and processing all come through local networks. These economic aspects, too, are part of the broader vision of Totum Farm: strengthening local agricultural connections, while nourishing bodies and communities beyond the sway of dominant, often-toxic agribusiness models. While dominant food production systems more often than not work by cleaving and separating parts from wholes—whether in the scattering of a body's parts and labors across different industrial processes or in the deeply-wrought philosophical severance of lives from their sustaining ecologies—Totum Farm offers a visionary antidote in its grounding principles of wholeness.

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To learn more about Totum Farm and enjoy beautiful images of the land and its inhabitants, see <http://www.totumfarm.com>.
Email: Totumfarm@gmail.com

- Karin Bolender Hart

Totum Farm

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www.TotumFarm.com

Chaplain's reading from the February meeting:

"There can be no happiness if the things we believe in are different than the things we do."

-Albert Camus, French author & philosopher

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Email submissions to marysrivergrange@gmail.com or mail to Marys River Grange, PO Box 1301, Philomath, OR 97370.

No fee for advertisements from Marys River Grange members.

Historically Grange
Excerpts of Minutes from March 16, 1929

Mary's River Grange #685 met at 10:50 A.M. at White College Building. Grange opened in regular form. Worthy Master Pratt presided.

...The applications of Mrs. Bertha Nicoles, Mrs. Elizabeth Achterman and Leonard Achterman were favorably reported by committee of investigation. A ballot was had and all were elected to membership.

...Reports of Special Committees.

Sister Brown reported that Mrs. Phinney would act as press correspondent.

Sister Mila Bowers reported piano purchased for grange.

Bills. The following bills were approved by finance committee and allowed, and ordered paid.

- Benton Co. Review – printing 2.50
- F. H. Walters – piano 50.00
- Mrs. H. Gray – coffee 1.00

The bill for piano to be paid from building fund.

Home Economics Committee reported range could be bought for 15.00 at a bargain. The committee was authorized to make purchase – money to be taken from the building fund.

...Penny Drill netted 56 cents.

Lecturer reported that County Agent Briggs had arranged for showing film at meeting of Apr. 19.

...Recess. – During recess a large gathering of members partook of second Anniversary Dinner.

Reassembled at 2 P.M.

Lecturers hour. The exercises included group singing led by Dr. D. V. Poling. Address by Dr. Poling - readings by Maude Pratt Smith, Drill by members.

...Mrs. Parker gave report of the use of travelling Loan Library, including commendation of State Librarian.

Grange closed in due form.

Mark Phinney – Sec.



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Old Blue Raw Honey is a small beekeeping enterprise owned and operated by Henry and Camille Storch in Philomath, OR. Henry's ecologically diverse apiaries provide his bees the ideal environment for producing varietal honey. By raising his own survivor queens, Henry is working to preserve and propagate the hardy honeybee populations adapted to the flora and climate of Western Oregon. His practice of incorporating local feral genetics into managed colonies for migratory pollination is critical to the long-term resilience of regional food systems.

Old Blue Raw Honey is never heated over natural hive temperatures and is only filtered minimally, so it may include pollen, small wax particles, and the occasional bee bit. All natural honey will solidify eventually. To liquify, place the jar in a bowl of warm (not boiling) water.

> website: oldbluenaturalresources.com | > contact: oldbluerawhoney@gmail.com
 > facebook: facebook.com/oldbluerawhoney | > instagram: @oldbluerawhoney



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Harvest of Happenings

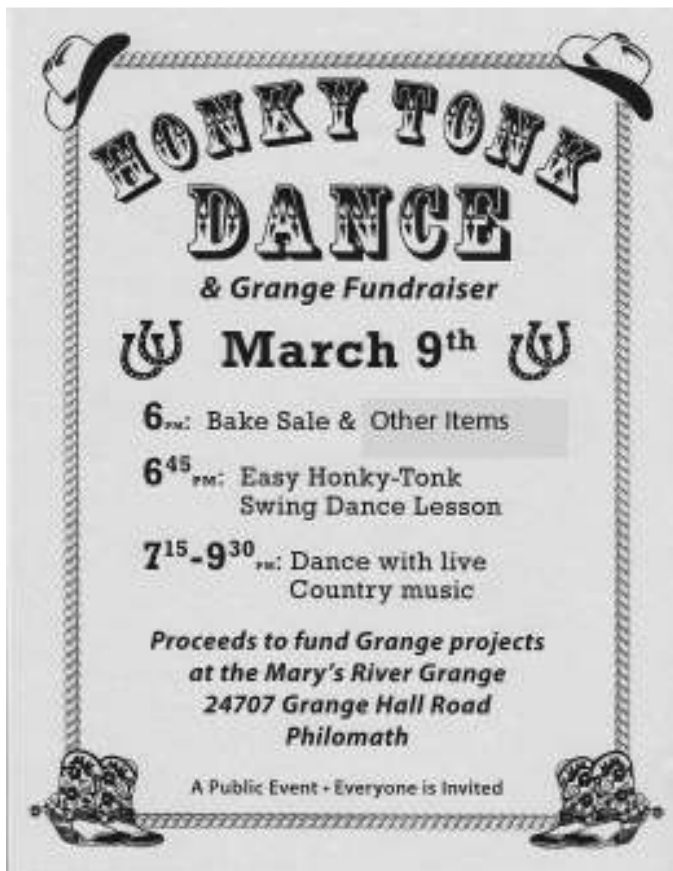
A calendar of upcoming Grange, community, gardening, livestock, land-based or farming events in the local area. Send info to marysrivergrange@gmail.com

March 1 – **JD Ruse & The Little Big Band/Wild Hog in the Woods**, 6:00-9:30 PM, Marys River Grange Hall, 24707 Grange Hall Rd. \$10-\$15 suggested sliding scale.

March 6 – **Marys River Grange Business Meeting**, 6:30-9:00 PM, 24707 Grange Hall Rd. Potluck at 6:30, Meeting begins at 7:00 PM.

March 9 – **Rural Living Day**, 9:00-4:30 PM, Harrisburg High School, 400 S 9th St., Harrisburg. OSU Extension Service workshops for small acreage/rural property owners. Registration required, \$25/person. <http://smallfarms.oregonstate.edu>

March 9 – **Honky Tonk Dance**, 6:00-9:30 PM, Marys River Grange Hall, 24707 Grange Hall Rd. Free Admission.



March 9 – **Summit Community Talent Show** at Summit Grange Hall, 7:00 PM. \$5 admission, benefits ongoing programs at Summit Grange #432. Refreshments available.

March 12 – **Yoga at the Grange**, 7:00-8:00 PM, Marys River Grange Hall, 24707 Grange Hall Rd.

Yoga at the Grange



Beginning March 12, 2019, Mary's River Grange will be offering yoga classes Tuesday evenings from 7pm-8pm.

Classes are free for Grange members, with a sliding scale fee for non-members (\$5-\$20 per class). This will be an all-levels vinyasa flow class. All abilities welcome! The class will be led by Laura Coen, RYT, RCYT. Laura has been teaching yoga to adults, children and families since 2014. She believes individuals can experience a mindful connection to themselves and the world through the practice of yoga.

Questions? Email or call Laura 331-201-5458 lauraploeg@yahoo.com

March 12 – **Willamette Grange Business Meeting**, 6:30-8:00PM, 30012 Hwy 99W, Corvallis (7 miles south of town). 6:30 potluck, Meeting begins at 7:00 PM.

March 16 & 17 – **Daffodil Drive Festival** at Long Tom Grange #866, 10AM-4PM daily. Wagon rides, handmade vendors, quilt raffle and more, quilt displays, classic cars, small farm livestock, youth groups concessions. 25823 Ferguson Rd., Junction City.

March 19 - **Yoga at the Grange**, 7:00-8:00 PM, Marys River Grange Hall, 24707 Grange Hall Rd. Contact Laura Coen, 331-201-5458 or lauraploeg@yahoo.com for details.

March 22 – **Community Game Night**, 6:30-? PM, Marys River Grange Hall, 24707 Grange Hall Rd. Board and card games played and free popcorn provided.

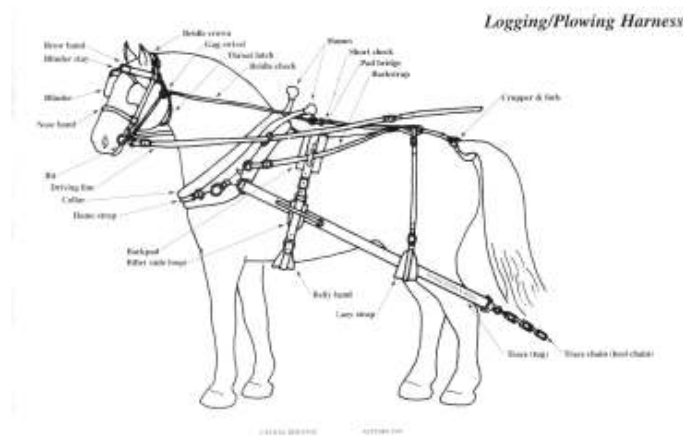
March 23 – **Highway 34 Cleanup**, 9:00AM-12:00PM. Meet at Marys River Grange Hall, 24707 Grange Hall Rd. Community Service project.

March 23 – **Pop Up Plant Clinic**, OSU Extension Service, 10:00AM-2:00PM, Susan's Garden Center, 1299 NW 29th Street, Corvallis. Need help with houseplants, garden or landscaping – come consult with OSU Master Gardeners.

March 26 - **Yoga at the Grange**, 7:00-8:00 PM, Marys River Grange Hall, 24707 Grange Hall Rd.

April 2 - **Yoga at the Grange**, 7:00-8:00 PM, Marys River Grange Hall, 24707 Grange Hall Rd.

April 3 - **Marys River Grange Business Meeting**, 6:30-9:00 PM, 24707 Grange Hall Rd. Potluck at 6:30, program at 6:45 – Lise Hubbe presents **Working with Horses**, meeting follows.



April 6 - **Pop Up Plant Clinic**, OSU Extension Service, 10:00AM-2:00PM, Benton County Fairgrounds, 110 SW 53rd St., Corvallis. Need help with houseplants, garden or landscaping – come consult with OSU Master Gardeners.

April 9 - **Yoga at the Grange**, 7:00-8:00 PM, Marys River Grange Hall, 24707 Grange Hall Rd.

April 9 – **Willamette Grange Business Meeting**, 7:00-8:00PM, 30012 Hwy 99W, Corvallis (7 miles south of town). Potluck at 6:30, Meeting begins at 7:00 PM.

April 11 – **Oregon Humanities Conversations: Won't You Be My Neighbor? How Relationships Affect the Places We Live** with Jen Mitas at 6:30 PM. Marys River Grange Hall, 24707 Grange Hall Rd. Free admission, donations gratefully accepted.

April 13 - **Pop Up Plant Clinic**, OSU Extension Service, 10:00AM-2:00PM, Garland's Garden Center, 5470 NE Highway 20, Corvallis. Need help with houseplants, garden or landscaping – come consult with OSU Master Gardeners.

April 16 - **Yoga at the Grange**, 7:00-8:00 PM, Marys River Grange Hall, 24707 Grange Hall Rd.

April 20 – **Benton Pomona Meeting** – Fairmont Grange, 835 NW North Albany Rd., Albany. Set up at 10 AM, potluck at 12 PM.

April 23 - **Yoga at the Grange**, 7:00-8:00 PM, Marys River Grange Hall, 24707 Grange Hall Rd. Contact Laura Coen, 331-201-5458 or lauraploeg@yahoo.com for details.

April 26 – **Community Game Night**, 6:30-? PM, Marys River Grange Hall, 24707 Grange Hall Rd. Board and card games played and free popcorn provided.

April 27 – **Plant Sale, Seed Swap and Bake Sale**, 10AM-2PM, Marys River Grange Hall, 24707 Grange Hall Rd. Proceeds benefit Philomath Community Service Food Bank and Community Garden.

Upcoming Community Service



Saturday, March 23rd, Marys River will gather to clean up our adopted section of Highway 34. We will meet at the Grange Hall at 9AM and divide into two teams, each cleaning half of the two mile section of Highway. ODOT will provide safety vests, grabbers and trash bags. Please dress for the weather and bring gloves. Each team will clean both sides of a one mile section of road, requiring a two mile walk. This event will take place near a busy State highway, so is not safe for small children, and all participating should be aware of traffic at all times.

Saturday, April 27th, Marys River Grange will host a **Plant Sale and Seed Swap**, from 10AM until 2PM. If there is enough support from members, a bake sale will also be held. Proceeds will support Philomath Community Services Food Bank and Community Garden. We are looking for members to provide plants or starts for sale, baked goods for the bake sale and those willing to work at the event.

If you are interested in participating or helping with either of these events, please email Sonny at hayseberts@peak.org.

Conversation Projects at the Grange

This spring, Marys River Grange will host a series of community conversations in partnership with the Oregon Humanities Conversation Project, a state-wide program that enables groups and organizations to host events that “bring Oregonians together to talk—across differences, beliefs, and backgrounds—about important issues and ideas.” Host organizations can choose topics from a vibrant and wide-ranging catalog of important subjects and themes, from Civic Life to Education, Environment, Food, Health, Justice, Race, and more. Conversation Project facilitators come to lead open discussions around their thought-provoking subjects, inviting participants to think beyond knee-jerk political and cultural assumptions. These conversations aim to open possibilities for everyone present to discover new perspectives within a communal exploration of ideas, beliefs, and experiences. The following conversations, hosted by Marys River Grange and sponsored by Oregon Humanities, will take place at Marys River Grange Hall on the dates listed below. Conversations are free and open to the public. Donations to the Grange are gratefully accepted. Everyone is welcome. Please join us!

Won't You Be My Neighbor? How Relationships Affect the Places We Live with Jen Mitas on Thursday, April 11, 2019 at 6:30 pm at Marys River Grange Hall.

Studies show that neighbors interact much less than in previous decades. This has been theorized as a kind of side effect of modern life and the result of technology, limits on attention, and in some instances, differences in cultural concepts of what it means to be neighborly. How do you interact with your neighbors? How do you feel about those relationships? How might you improve or change these relationships in order to make a positive impact on the places you live? What is our role in the social networks that make up the places we live?

Jen Mitas is a grant writer and performance producer who is passionate about supporting socially engaged theater and art through her consulting business, Cone PDX. Jen grew up in a small, rural intentional community in Dallas, Oregon and has lived in over forty different places in her adult life. Now, she is settled with her family in a neighborhood in Portland's East outer ring, investigating life on the margins and what it means to be a good neighbor. You can learn more about her work at jenmitas.com.

Good Food, Bad Food: Agriculture, Ethics, and Personal Choice with Kristy Athens on Thursday, May 23, 2019 at 6:30 pm at Marys River Grange Hall.

Oregon boasts a multibillion-dollar agricultural economy that includes both industrial agriculture and small-scale efforts such as community supported agriculture memberships, farmers' markets, and community gardens. These smaller, community-based efforts are on the rise as means to nurture community and create local and autonomous food systems. Are these choices as consequential as consumers would like them to be? Does “voting with your dollars” significantly shape our agricultural systems?

Kristy Athens is the author of *Get Your Pitchfork On!: The Real Dirt on Country Living* (Process Media, 2012). She has an MS in food systems and society from Marylhurst University and lives in Wallowa County. Her food systems work includes presenting at conferences at Chatham and Yale universities, a TEDx Talk, and a chapter in the anthology *Food Justice in US and Global Contexts*.

Beyond Invitation: How Do We Create Inclusive Communities? with Rachel Bernstein on Thursday, June 13, 2019 at 6:30 pm at Marys River Grange Hall.

More and more organizations and communities are working toward being “inclusive.” But what does that entail? Having a statement at the end of a job announcement to encourage communities of color, queer people, and women to apply can be a start, but how do policies, environment, and culture support this invitation? How do they fail to support it? How do we know if a space is inclusive and accessible for all?

Rachel Bernstein is the partnership and training manager at Oregon Humanities. For the past decade, as a political and nonprofit professional, her work has focused on building the civic capacity and engagement of coalitions, organizations, groups, and individuals. As a Conversation Project leader, she appreciates discovering what Oregonians are already doing to create inclusive communities and what questions they are still struggling with.

Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. For more info about these free community discussions at Marys River Grange, please contact Jay Sexton at 541-829-2907 or marysrivergrange@gmail.com

- Karin Bolender Hart

Rent Marys River Grange for your event!

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Details at marysrivergrange.org

Growing Marys River Grange

One key to keeping Marys River Grange healthy is constantly working to find and welcome new members. Over the last ten years we have found that when we do not strive to recruit new members, we gradually get weaker. This weakening without new members is all too common in Granges across our state. Our own experience shows that when we are getting new members it seems that more of our continuing members renew.

It is relatively easy to recruit new members if you remember one simple rule – you need to ask them – out loud – with words. You would be surprised how often this actually works. A couple of other tips include remembering what you value about your own membership: working together to support an admirable organization with an honorable past and a bright future, keeping a local community organization active, preserving the community resource of the Grange Hall. It gets even easier with more people looking for new members. If you know or meet someone who seems like they would be a good Granger – Ask them.

We have set ourselves a goal of reaching 90 members this year from our December 31st 2018 total of about 70. This will give us a good shot at winning the statewide membership contest, based on total number of new members in 2019, and becoming the second highest membership Grange in the State. The three prizes offered by Oregon State Grange are \$750, \$500, and \$250, which would be put to good use in making Hall improvements. We have done it before – in 2017 we gained more new members than any other Grange on Oregon.

One of the benefits of membership is use of the Hall at a reduced rental fee. After attending three meetings or work parties a member can rent the Hall for \$50 without pre-rental cleaning or \$90 for a rental when the Hall is cleaned and prepped for your use. The membership of the Grange is also willing to consider proposals for Hall use for public events in which members have an interest – a film showing?, a class on food prep?, skills or hobby demonstrations? – We like having the Hall used by members, encouraging their aspirations.

So, ask a friend – help us to grow the Grange!

- Steward, Jay Sexton

Recipe Corner

Razzelberry Scones

1 ½ cups flour
½ cup sugar
1 tsp salt
1 tsp baking powder
1 T cinnamon
1 ½ cups heavy cream
1 cup frozen Razzelberries
(blueberries, blackberries, raspberries)

Mix dry ingredients with berries.

Mix in heavy cream.

Form into a ball of dough.

Flatten ball onto cookie sheet.

Cut into eight wedges.

Sprinkle sugar on top.

Bake at 350 degrees for 30 minutes.

[Hint: Use baking paper to cook on if you don't have an insulated baking sheet.]

- Susan Stogsdill

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Most Wanted by the Philomath Food Bank:

Personal care items, feminine products, canned meat and fish, condiments, canned entrees, boxed entrees, ready to eat soups, laundry soap, jams, jellies, syrups. Everything is appreciated! However, they cannot distribute home canned foods, previously opened packages, or food without original labels.

Food bank hours: Tues. 5:00-7:45 p.m., Thurs. 9:00-11:45 a.m. 360 S 9th St, Philomath; 541-929-2499.

Checks designated for the Philomath Food Bank may be mailed to PO Box 1334, Philomath, OR 97370.

GRASS THE POET

Each grass blade that matures and dies
Dampened by moisture from the skies
Increases by its own small worth
The richness of immortal Earth.

- James V. Solberg, *Organic Gardening*, April 1946

Marys River Grange #685
PO Box 1301
Philomath, OR 97370
marysrivergrange@gmail.com
541-829-2907



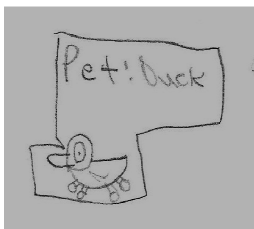
New @ the Hall

Our refrigerator failed, partly due to the temperature regime our Hall provides. Modern fridges do not survive temperatures outside of a 50 to 90 degree Fahrenheit range, and our Hall often dips below 40 in the winter. We have replaced it with a Frigidaire from Habitat's Home Store. Frigidaire's can be modified with a "Garage Kit" that helps them at low temperatures.

A cork board in the entry Hall will soon display event posters and information.

Our new LED Twinkle Lights give the Great Hall a festive air, at 1/5 the energy cost and with a long, long lifespan.

The Daffodils around the Maple south of the Hall are just opening! Can the fruit tree buds be far behind?



Drawing by Rayna Rios



Debbie Boyd and Sonny Hays-Eberts display a State Grange banner presented to Summit Grange #432 in February.