

Marys River Messenger

The Marys River Grange Newsletter



Vol. 5, Issue 3

January/February 2023

State of Our Grange

Just this year, we updated our By Laws (from the 1947 version in our deposit box). One of the things I was surprised to note was one of the duties of the President (then titled Master) was to present an annual address to the membership. While much of the old By Laws were archaic, this is one that I think makes sense. It's easy over the course of a year to lose track of what our little Grange has accomplished, and reminding ourselves of all we accomplished last year is both rewarding, and inspires us for the upcoming year.

The State and National Grange, and even our own Grange in the past, emphasizes attracting new members. Of course, any organization cannot exist on its current membership base alone, but energizing and empowering current members is just as vital, perhaps more so than focusing on number of members – although I believe we also posted a small increase in membership in 2022.

In addition to our traditional Plant Sale and Seed Swap and Amazing Grange Day, members hosted a dinner theater *Always Patsy Cline* in combination with Eats and Treats, twice a week Yoga classes, monthly country line dancing and a Bluegrass Jam, and events such as a poetry reading by Marion Whitney, our ninety-fifth birthday party, Harvest Fest and Talk Like a Pirate Day, Wreath Making, Women of the Grange, Thanksgiving Dinner and more. It is wonderful to see so many of our members use our Hall as a community resource, and to see our own Grange community develop. And it is inspiring to see so many of our members involved in supporting events, each other, or our Hall and grounds. It is common for any organization to have perhaps a couple of people to as many as 10% of the membership truly active. While participation varies from season to season and by event, we seem to have an active membership more in the 30-40% over a year. From working on the Hall, to cleaning up the grounds, managing the rentals and documenting the aspects of the Hall and ensuring the institutional knowledge survives, the involvement of our membership bodes well for the future.

This year, we donated just over \$2,000 to Philomath Community Services. Each year we are able to increase our support of this organization, and our community. We also finally returned to our cleanup of our adopted section of Highway 34 for the first time since the pandemic.

The maintenance of our old Hall is ever ongoing. Members have replaced our sign, painted, completed the connecting room, donated and installed a pellet stove in the Junior Hall, donated new windows for the kitchen and behind the stage, tended the grounds, added a water tank capture system and gutters. We're currently striving to repair our foundation and alter the flow of water from impacting the Junior Hall. Our members invested 200 hours in helping clean out the CPCC building on 10th and Pioneer, and the \$5000 for that nudges us close to \$18,000 saved for the work. We hope to complete it next year.

Our year was not without tragedy however. We lost Charlotte Gray, Howard Gray and Matt Coen. Our Grange hosted the memorials for Charlotte and Matt, and I am still amazed at the effort our members took to cover our Hall with flowers for Matt's service (and used also in Marion's poetry reading) and the beautiful words from Caroline.

Yet, from this loss, something beautiful happened. Our members rallied to support the Coen family – cooking, trips to airports, farm work, whatever we could do to ensure that the loss of a farm and country life dream did not have to follow. And in turn, at least in my impression, it seems our Grange community has deepened since this time.

It can be that an organization simply exists – making it from meeting to meeting, even holding events and being fiscally and structurally sound. But our members enjoy each other enough to meet again for pure social reasons – from Women of the Grange to Thanksgiving Dinner at the Hall and Junior Grange events at parks. Several members have told me how much they enjoy our meetings and, having sat through enough non-fun meetings myself, I appreciate that, and want to thank all who attend our meetings for making it so.

In my opinion, that deepening sense of community is our greatest achievement this year. We accomplished a great deal this year, and to some, perhaps our community service, or the various awards we won (Fifth consecutive Year National Honor Grange, State Distinguished Grange, National Grange Publicity Contest 1st place and several awards at State Grange contests), or our continuous membership gains, or the scope and success of some of some of our events may seem more significant. But I look back at the pandemic and how isolated

we all were, and am glad that we have not only come back together, but strengthened our bonds.

– Sonny Hays-Eberts, President, Marys River Grange



Our first shared Thanksgiving, 2022, at Marys River Grange was well attended by members, family and friends. Smiles, warm hearts, great food and friendly conversations.

Marys River Grange #685 regularly meets on the first Wednesday of each month at 7 PM at 24707 Grange Hall Road in Philomath and via Zoom. Potluck at 6:30.

Contact marysrivergrange@gmail.com or 541-829-2907. See also: marysrivergrange.org facebook.com/Marys-River-Grange-Hall-288171007887164/ To rent the Grange Hall, see Rental at marysrivergrange.org



Instruction is offered at the beginning of monthly bluegrass jam sessions at Marys River Grange Hall.

Next dates: January 11th and February 8th

\$7 for adults, \$5 for youth

Listeners welcome, donate as desired.

MRG's Wish List of Tools and Materials

Wanted – we are hoping to address some of the areas birds and rodents use to enter the Hall through the walls. If you have any spare hardware cloth you would like to donate, please contact Sonny at marysrivergrange@gmail.com or 541-829-2907. While we do have staplers to use, if anyone would like to donate a heavy duty staple gun to the Hall tool kit, that would also be appreciated.

Marys River has been collecting a small set of tools, and they are open to use by members who make arrangements with the Building Committee. While most are common and not in high demand, we do have some PEX tools that could be useful for those engaging in plumbing repairs.



Questions? Please contact
Laura Coen: 331-201-5458

Women of the Grange

Our aim is to enhance all of our membership experiences and grow our community. You are invited to join us.

Next month's meeting will be on February 19th.

Contact Suzy Johanson at 2Suzanne@mail.com for more info.



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Send items for the *Messenger* to Judy Hays-Eberts at marysrivergrange@gmail.com or mail to Marys River Grange, PO Box 1301, Philomath, OR 97370. No fee for business card-sized advertisements from members of MRG.
Deadline for March/April Messenger: February 20th

Generous

If there's one word that describes Marys River Grange members, it would be "generous." For example, one member paid the 2023 membership dues for two other families in addition to their own. Another person, not a member but apparently moved to help the Grange, just donated \$250 to be used "where needed most." And of course many members have generously given significant time and effort on committees, organizing events, cooking for the potluck, looking after the Juniors, working on the grounds and all the different projects that crop up. The sense of a community, of people working together and looking out for one another, is palpable. Kudos to everyone - your generosity is impressive and contagious.

Speaking of dues, membership dues for the calendar year are once again due. If you haven't already paid for 2023 (and a big thank you to those who have!) now would be a great time to renew. Dues are \$50 per adult or \$100 for a family. Checks to "Marys River Grange" can be handed to the Secretary (Barbara Carter) at a meeting or mailed to Marys River Grange, PO Box 1301, Philomath, OR 97370. Here's to a wonderful, and generous, 2023!

-Barbara, Marys River Grange Secretary

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Your support for the Philomath Food Bank is greatly appreciated. Please drop off your donations (either food or \$) at the PCS facility on Tuesdays 3-7 PM or Thursdays 9-12 PM, 360 S. 9th St., Philomath.

Happy New Year from Willamette Grange!

We are thankful for all the volunteer and financial support in 2022. We were able to have the asbestos kitchen floor tiles professionally removed, have the restoration work on our chimneys completed, upgrade our septic to current standards, bury the electrical lines to the Hall, begin the professional rewiring on our electrical system, start the process of painting the exterior, and more.

2023 is the 100th anniversary of our Hall and a big party is scheduled for Saturday August 19th. Mark your calendars and join us to celebrate.

We have planned a benefit dance and silent auction to raise funds for the restoration of the Willamette Grange Hall. It's a **Valentine's Sweet Heart Dance for Feb. 10, 7 to 10PM with live music from Shatterproof**. There will be plenty of fun with a photo stage, auction goodies, treats, and of course music to dance to. Plan on having some fun. See our Willamette Grange Facebook Event or call 541-497-0499 for more information.

Tickets \$12 Advance/ \$15 Door



Willamette Grange #52 meets on the second Sunday of the month, 3 PM.

Potluck at 2:30.

Contact Jay Sexton/Toni Hoyman at 541-929-5452 or willamettegrange@gmail.com. Historic building at the corner of Hwy 99W and Greenberry - 27555 Greenberry Road
facebook.com/willamettegrange52

See also: willamettegrange.org

If you would like to help financially or volunteer please contact Willamette Grange at willamettegrange@gmail.com or call 541-609-8335.

- Toni Hoyman

Health Care for Farm Workers

Farm Clinic is expanding services to uninsured & underinsured agricultural workers in Benton, Linn, & Lincoln Counties. Any small-scale & family-run farms (vineyards, tree farms, dairy, ranching, etc.)

Contact: Lisa Quick, Community Outreach & Farm Clinic,
541-758-3000

From the OSU Extension Service, Small Farms Program:
We are excited to announce a **Winter Veteran Farmer Gathering scheduled for Sunday January 8th, 2023**. After this summer's Veteran Farm Tour Series, we wanted to host a casual networking and information exchange event. Spencer Creek Grange in Eugene has graciously donated a space for the event as part of their ongoing Community Service & Veterans Program.

The event will be a chance for Veterans who are farming or interested in farming to come and socialize, network, and access resources. As a group we will explore market shared branding, and marketing of Veteran Owned Farm products. We will also be sharing grant opportunities and encourage attendees to share resources that have been most helpful for them.

Military Veteran Farmer Winter Gathering

Date: Sunday January 8th, 2023

Time: 11:30-1:30

**Location: Spencer Creek Grange
86013 Lorane Hwy, Eugene, OR 97405**

**What: Networking, Socializing, Informational, and
Optional Potluck (Soup & Bread to be provided)**

**Space is limited - RSVP REQUIRED: Veteran's spouses and
partners may attend, being mindful that this is an event
geared to Veteran Farmer Networking.**

RSVP: <https://beav.es/5ng>

Oregon Humanities Community Event

**The Oregon Constitution and Benton County:
The Roots of Racial Exclusion**

Corvallis Museum, Corvallis

January 18th, 10:30 a.m.

Bill Robbins will present a lecture on the intentional discriminatory clauses written into the Oregon Constitution of 1857 representing the values of White male immigrants from the states and territories in the upper Midwest, including Missouri, Kentucky, and Tennessee. Those beliefs, common among most of the White male electorate in other states and territories during and following the Civil War, were codified in the Oregon Constitution. These prejudiced clauses specifically restricted the rights of African American, Native American, and Asian Oregonians. \$5 for non-members.

Oregon Small Farms Conference February 18th, 2023

Corvallis, OR – OSU Campus

Registration is OPEN.

Before registering review the sessions available and have a 1st and 2nd choice ready. Sessions will fill up quickly.

\$60 per person for the early bird rate which expires on January 25th, 2023 when registration increases to \$85 per person.

Partial scholarships available for veterans and farmers of color. Please email smallfarmsprogram@oregonstate.edu to request the code.

The Oregon Small Farms Conference will be back to an in person day for the 2023 event. We are geared toward farmers, agricultural professionals, food policy advocates, students and managers of farmers markets. Educational sessions are offered on a variety of topics relevant to Oregon small farmers. Speakers include farmers, OSU Extension faculty, agribusiness, and more.



Kurt and Nate (along with Jim and Sonny) dug trenches and laid drainage for the gutters and water capture tank overflow around the MRG Junior Grange Hall, during wet weather.

Marys River Grange #685, Jan. 21st, 1933

"...The plays put on at Mtn. View Grange brought \$8.40, \$4.20 being our share, 25 cents was spent for auto horn needed in play, bal. of \$3.95 was turned over to Secretary. Bldg Com Chrm reported \$37 pledged. \$19.50 of which has been paid. Also announced that everyone should write on a slip of paper their ideas for raising money for building fund. These to be read during Lecture hour & most popular idea carried out. ...After a bountiful repast grange was again taken up and Chrm Bldg Com passed slips for suggestions for raising money & meeting turned over to lecturer for program as follows.

Song America the Beautiful by grange

Presentation of altar cloth by Elizabeth & C J Baker

Song Goodbye Sweetheart, Let Me Call You Sweetheart chorus

Reading A Study in Nerves Wilhelmina Gross

Presentation of Gifts to Elizabeth Phinney Lulon, first Grange bride.

Lecturer announced that the program for next meeting would be moving pictures, a safety program shown by Mr & Mrs Floyd Mason, and the next day meeting would be an old time program and to dress the part and bring things to show..."



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Recently I was given the job as Lecturer for our Grange Hall. As I studied the duties of Lecturer, I discovered it is not so much to give lectures as it is to use the platform to create community. Community is created by participation of the people. And for this reason I preferred for the job title to be program facilitator rather than lecturer.

The role of the program facilitator is the same as the goal for the Grange; that is to help us be comfortable and efficient in our service for one another. (Walk the walk.)

Our programs will be focused on the virtues of ancient wisdom and neuroscience knowledge as we know it today.

Our first program will be on Gratitude. Our second program will be on Gratitude and our third program will be on Gratitude.

The programs are designed to help us develop needed tools to build a storehouse of inner strength available to support us in hard times and help us thrive day by day.

Hopefully every person will share their gratitude stories.
- Mark Files, MRG Program Facilitator

The following are proposed ideas for the Grange lecture programs. The first three months we will discuss gratitude and how to write gratitude stories. And hopefully members will be willing to read their gratitude stories and share their feelings.

January 4, 2023

Activities: We will play a Gratitude game whereby each person chooses a card and then shares a gratitude.

Lectures talk: The talk will be 3 to 5 minutes long and will explain the neuroscience of gratitude.

February 4, 2023

Activities: Members will read gratitude stories that they have written.

Lectures talk: The neuroscience of affirmations and how they are integrated into your gratitude stories. Five minutes.

March 4, 2023

Activities: Members will read their gratitude stories.

Lectures talk: Breath work and a discussion of our gratitude stories. 5 to 10 minutes.

The rest of the year we will discuss neuroscience in relationship to meditation, breath work, affirmations, gratitude, and we will have special programs to honor our animals

Gratitude **Ancient Wisdom and Neuroscience**

Gratitude is said to be the greatest of all virtues and the grandparent of all other virtues. And now neuroscience tells us that when we are in the state of gratitude we cannot be depressed or be influenced by our lower emotions.

Gratitude alters our state of being in three primary ways. First, gratitude opens the pro social neuron connections that are known to make people happy and desire to be in a state

of service. Second, gratitude releases neural chemicals that make the person receiving the gratitude and the person giving the gratitude to literally feel positive. Third, gratitude opens us up to a new dimension of something which cannot be defined and yet has a profound effect upon our life.

Science has proven gratitude stories are the way that our mind processes and remembers in vivid detail the gratitude that we feel and experiences of our life.

How to Write a Gratitude Story

The following outline is designed to give you the writer of the gratitude story insights and a functionality.

Gratitude expressed for processes, virtues, and actions that are making a positive difference in your life.

Examples: your work, your insight fullness, your planning, your appreciation of (?), your garden...

Gratitude for others.

Examples: your friends, coworkers, child, parent, volunteers

Gratitude for organizations and families.

Examples: your family, your school, your social organization

Gratitude for virtues and blessings that influence your decisions and attitude.

Examples: closeness of relations, loyalty, commitment, enthusiasm, sharing, taking/receiving, giving and asking; all these are the essential verbs to express your gratitude.

Elements necessary for clarity in your story: who, what, when, where, how, why. The heart of gratitude stories are shared intentions, affirmations and gratitudes expressed.

The time of your story may be expressed in different forms.

Examples:

Once upon a time

On a particular date (Sunday December 12, 2022)

At a time when we were:

learning something new

in a period of discovery

at a particular location

when we had a shared intention

Focus on the process.

Affirmations and gratitudes are made many times more powerful when they are attached to the process rather than the outcome. An example of this is:

I am strong.

By lifting weights I am becoming stronger.

By incorporating lifting weights into my daily routine I am becoming stronger.

The Gettysburg address by President Lincoln is a great example of a gratitude story and it is only 277 words long. Our gratitude stories need not be very long, because they are an expression of our heart and our intention and our success in relating to life.

Good luck on writing your gratitude stories!

Recommended YouTube videos: The Science of Gratitude & How to Build a Gratitude Practice, Andrew Huberman; Introduction to writing a gratitude story, Celtic Forge.

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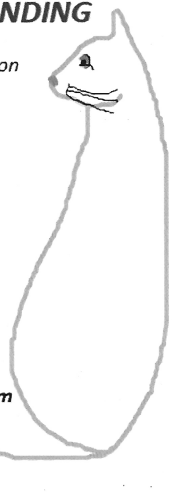
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Susan Stogsdill, Owner



Nate's Ag Committee Report, December 2022

Thank whomever or whatever you like for the fact of the seasons, just know I'm not particular when it comes to the infinite. There are cars a wiser dog won't chase. And in that spirit I post up in front of a fire, eat without special cause, grow a thicker coat, and ramble out nearer the doorstep than was true a month ago. Satisfaction and some sweetly deserved idleness are plums we pick without ladders from the short days and gathered goods of earlier labors. The trees clinch a new ring and in a few weeks we'll seal our own deal with 2022.

Also in keeping with the holiday just past, I'd like to thank everyone sensible enough to eat food made possible by their own efforts and those of nearby producers. We're all keeping an invaluable way of life from foolish oblivion. I'll thank John Lee Hooker for reminding us: "You don't miss your water until your well goes dry." With each planting of good seed, turning of trowels, exchanging of true value, and lifting of our forks, a vital underground remains here on the ground. Viva la Tierra! Viva la Grange!

- Nate Johnson, Sunbow Produce,
MRG Agriculture Committee

A New Frontier

You have become the person who will keep my family safe.
You have not an idea of how you're doing it every day
without trying.
Each moment that passes is another held by you, far away,
without effort.

You have
Become
The person who
Will keep my family
Safe.
You have not
An idea
Of how you're doing it
Every day
Without trying.
Each moment that passes
Is another held by you,
Far away,
Without effort.

The poem is about choosing the best season for relationships, even in our modern age. Important friendships (especially the type that are intimate and life-long) need good timing. There can be a person in our life, whom we have been innocent and decent with, who shows us the meaning of a virtue. Sometimes that virtue can be one that we usually struggle with, but now need with all our heart.

Patience can be active.

It's waiting for the future we choose.

— Talia Neely

Potato Scones—To a heaping cup of mashed potato add a tablespoonful of milk, half a cup of flour and half a teaspoonful salt. Work the flour in well, roll out half an inch thick, cut in rounds, prick with a fork to prevent blistering, bake in a quick oven. Split and butter and eat while hot.—*Daily News Cookbook*

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"In winter, I plot and plan. In spring, I move." — Henry Rollins

Wreath Making 2022 at Marys River Grange



Members, families, and friends were invited to freely make wreaths at the Hall to take home and to share.



GreenGable Farm provided abundant and beautiful materials to use, along with greens from several other donors.



Ever loving and patient Grange dog, Kona.



Mark Files shared wreath making techniques.

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



COUNTRY DANCE
LINE DANCING

FRIDAY
JAN 6
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MAR 3
APR 7
MAY 5
7-10:00 PM

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MARYS RIVER GRANGE

NO ALCOHOL

FIVE DOLLARS
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LIMITED SEATING PLEASE GET YOUR HOSS UP ONLY AT THE GRANGE AND DOUBLE UP!

Philomath Bluegrass Workshop/Jam
2nd Wed. every month - Jan 11/Feb 8/Mar 8/Apr 12/May 10

7:00 pm instruction \$7.00 adults Marys River Grange
7:30 pm jam \$5.00 youth 24707 Grange Hall Rd
Listener? Donate as desired Philomath OR

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No Alcohol

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