

Marys River Messenger

The Marys River Grange Newsletter



Vol. 5, Issue 4

March/April 2023

The Importance of Committees: “It’s not ME at the Grange, it’s WE.”

This year I am encouraging every member of Marys River Grange to serve on at least one of our committees, for several reasons.

The most important reason is to help make everyone familiar with some of the operation of our organization. The wider and deeper the pool of people who know how to operate and take care of our Grange, its facilities and grounds, the healthier it is. This is the root of why I strive to encourage more participation by members in the Grange – it helps ensure its survival. On a related note, it is why members are working to document as much of this institutional knowledge as we can.

Another impetus is that shared work, even when it is light effort, develops connections and community, and that’s something most of us want more of. And work, when shared, is always lighter than when done alone.

It also provides an opportunity to improve your own skills. You can learn new ones by helping out on the Hall or Grounds Committee, or helping with the groups that host educational events such as the Bluegrass Jam, Conversation Projects, Yoga, or work with crafting, music or stage events when they occur. If you have a talent you wish to share, we can make that happen.

“The Work of Another Day Demands Our Attention” is a Grange motto and familiar to those who grew up on or work on farms, as well as those with their own business, or anyone with a developed work ethic. Work is not something to be avoided. It provides a sense of accomplishment, nurtures our self-esteem, and grows our community and our own skills. When combined with learning, or teaching, it creates a dynamic synergy that produces much more than the effort required.

The “official” Grange Committees are: Agriculture, Community Service, Deaf Awareness and Family Health, Education, Grange Workers Activities (rural crafts), Juniors/Youth, Legislative, Membership, and Veterans.

Marys River Grange Committees are: Rental, Grounds, Hall, Events (Plant Sale, Talk Like a Pirate Day, Amazing Grange Day, Harvest Fest), and Publicity.

If you have not signed up to assist on any of these, I encourage you to do so. Please contact 541-829-2907 or marysrivergrange@gmail.com. Some committees meet;

attendance is desired, but not required. There are no commitments, we are grateful for whatever time and energy you can donate to helping our Grange and Community.

– Sonny Hays-Eberts, President, Marys River Grange #685

Getting ready for MRG’s Annual Plant Sale & Seed Swap, Saturday April 29th, 10-2!

MAKE YOUR OWN NATURE BASKETS

Friday March 24th, 2:30-4:30, at MRG

Play with and explore natural materials to create your own unique and magical nature basket.

Together we will gather plant materials on the property for our creations.

Additional objects will be supplied. Feel free to bring any special items you would like to use in your basket.

The fun event will be led by Jan Wilcox, who has been making baskets for 45 years, and Stacy Moore.

Offered for MRG families, members and friends of all ages. Those under 10 may need a partner to help hold things. Free!

Please RSVP to marysrivergrange@gmail.com



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

Hello Friends of Windy Hill!

Spring is here and the farm is waking up from it's muddy winter hibernation. We have a new greenhouse and lots of beds to prep, as well as FIVE pregnant mama goats, and a pack of new dogs. Goat babies are due in April!

Windy Hill Farm would not have survived last spring and summer without all of our beloved volunteers. If you want a chance to get muddy, snuggle baby goats and chicks, and contribute to a local farm, sign up for a volunteer spot! Feel free to share this with anyone you think might be interested in some farm opportunities.

Hope to see you soon,
Laura, Phoebe, Wyatt, Beyla, Cosmo, Nala, Poppyseed, Tasha, Hazel, Matilda, Pearl, Sybil, Suri, Mr. Bossy, and ALL the rest.
Sign up at

<https://www.signupgenius.com/go/508094caaa72ba02-windy#/>

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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. Reminder from our Worthy Secretary:

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.

-Barbara, Secretary, Marys River Grange #685



Tuesdays 7pm-8pm

April 11th - June 13th, 2023

Classes are \$5 for Grange members,
\$10 for non-Grange members.

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.

Meetings are on 3rd Sunday, March 19th & April 16th, 2-4

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



Certified Organic

www.sunbowproduce.com

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



MRG Junior members created Valentines in February from placemats left over from last year's dinner theater production, materials repurposed into kits by Suzy Gilruth.



Our livestock guardian dog Nala, a Great Pyrenees, enjoyed the snow on Windy Hill this week. Photo by Laura Coen.

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



Valentines Day at the Philomath Museum.
 Photo by Talia Neely.



"How well do you know Philomath?" challenge.
What is this spot and where is it located?
 [The answer is on another page.]

Oregon Small Farms Conference 2023

I was incredibly fortunate to attend the Oregon Small Farms Conference, at the OSU LaSells Stewart Conference Center, on Saturday, February 18, 2023. This was the first in-person session of the conference since the pandemic and a welcome and joyous reunion of small farmers. There were panels, speakers and booths from a multitude of practices, including dry-farming, no-till practices, tribal farming, effects of climate change on small farms, cooperative farming, growing olives, truffles, sweet potatoes, and flowers, and a myriad of legal and administrative tools for farmers. The food was the star of the show, all provided by local farms, showcasing winter greens, beets and salads, local pork, winter roots, and unique fruits. There was a bookstore selling books about all aspects of farming. One of the most interesting booths in the vendor common area was hosted by Sky Guardian Falconry, an organization which trains hawks and falcons to defend farm crops against nuisance birds and animals. The best part of the conference, of course, was gathering together with our vibrant farm community. It was heart-warming to share dreams and successes with so many small farmers. Farming is an occupation that is often solitary and can feel small against the grand forces of capitalism, politics, and nature. This collective of positive, healthy ideas and individuals was a glowing experience of inspiration and hope.

– Laura



A “Sky Guardian” protects crops from flocks of small birds (that eat grapes, berries, etc) and rodents that eat field crops.

- photo by Laura Coen

The Small Farms Conference presented by Oregon State University Small Farms Program was a beautiful event with over 800 participants and with open spaces and classrooms filled with presenters and contributors. The air was filled with excitement.

The Oregon State Grange had a beautiful location and a well staffed beautiful display. Nate Johnson and June Colony

represented the Oregon State Grange and both worked very hard and long telling the story of farmers and community through the Grange activities and programs.

The mission statement of the Grange and the mission statement of OSU's Small Farms Program overlap in a very sincere way. The early Grange was an agricultural-based organization to help farmers and their families to have a complete and whole life and help them thrive. Oregon State Small Farms Program has a very similar mission of helping farmers to maximize their stewardship of the land. – Mark

Quotes from 2023 OSU's Small Farms Conference:

Our mission

Provide Oregon's small farms, ranches and local food systems shareholders with the training, tools, and research they need for long-term financial and environmental sustainability.

Quotes from literature at the Oregon State Grange booth:

General objectives

United by the strong and faithful tie of the agricultural fraternity, yet welcoming all of good moral character to membership we mutually resolve to labor for the good of our order, our country and mankind.

For our business interest we desire to bring producer and consumer into the most direct and friendly relationships possible, remembering that “individual happiness depends upon the greater prosperity.”

We recognize that education is a continuing process. We encourage all to continue their education through adult education classes, by continued reading, observation and such other message as may be available including radio, television, and the internet.

We desire a proper equality, and fairness; protection for the weak; restraint upon the strong; in short, justly distributed power. These are American ideals, the very essence of American independence.

*We heartily endorse the motto,
“In essentials, unity; in non-essentials, liberty; in all things, charity.”*



OSG Agriculture Director June Colony and MRG member Nate Johnson of Sunbow Farm shared info at the OSG booth.

- photo by Mark Files

More on the Grange Guiding Word: Gratitude

...According to Robert Emmons, a professor of psychology at the University of California, Davis, and the founding editor-in-chief of *The Journal of Positive Psychology*, gratitude is an affirmation of the goodness that we have received from other people, things or circumstances.

There are many benefits for people that express gratitude including better physical and psychological health, stronger immune systems, better sleep, a positive outlook on life, are more compassionate and more forgiving. People that express gratitude are also more likely to "pay it forward." Grateful people also tell others that they are grateful for them. We certainly are grateful for our Grange members and partners that participate in our various projects. By expressing gratitude to others, the recipients feel better about themselves, and are more likely to do more or participate more and may express their gratitude for the opportunity, and for others. Gratitude makes us work and play together better.

One way to practice gratitude is to keep a Gratitude Journal. This, in itself, may increase a person's happiness and overall positive mood. Set a time each day to recall moments of gratitude. These can involve everyday, ordinary events, valued people in your life - anything that you have received from some other person or that you experienced. Sometimes gratitude comes from a bad situation such as an illness that reveals a committed medical team, scientific research that leads to recovery, or a deeper spiritual connection. Keep this journal going and active for at least three weeks and see what the outcome is for you.

Meanwhile, continue to tell others that you are grateful for them in your life. Gratitude is a two-way street and seems to benefit those that express it and those that receive it. With gratitude, I appreciate and am thankful for this Grange community, and I encourage you all to "pay it forward."

- Ann Bercher, National Grange Lecturer/Program Director,
Patrons Chain Newsletter, January 13, 2023

Working With Gratitude at MRG in 2023

Studying gratitude and sharing how this process works is just getting started. Many people gave feedback to the process of learning how to express gratitude. It's interesting that gratitude is expressed as an individual and as a group and as a spirit within ourselves.

Hopefully we will start meetings with at least one gratitude story. People find it refreshing and fun.

- Mark Files, MRG Program Facilitator

We had 40 people come to the dance in Feb. including 5 youth. 24 came to the bluegrass jam including 4 youth. Everyone is having a good time and many people express appreciation these activities are happening.

- Yvonne

On Sunday, March 19th, we'll be planting six fruit trees at Marys River Grange as a memorial to Matt. He planted fruit trees every place that we lived. There will be three apple trees, two asian pears and a quince. Every fall Marys River Grange hosts a harvest fest, at which they press cider. They always ask for apple donations for this event. It was Matt's idea for the Grange to have their own fruit trees to harvest.

- Laura

The Moon, The Mouse, and Me

- Marion Whitney, 2023

It is almost midnight, the neighbors' light shines in my window.

I go to close the blind. IT IS THE MOON! I stop to stare and smile to myself, no one is with me, just the moon reflecting sunshine at midnight.

Some people do that, reflect a light with smiles and laughter, caring, listening and sharing.. The reflecting moon reminds me of a friend.

I say a prayer of gratitude for her friendship. I do not close the blind.

I crawl into my warm, waiting bed.

The next morning I sit by the patio window sipping hot coffee. I watch birds on the feeder. They give me great pleasure as they bustle about on their twiggy legs, scattering seeds on the patio floor. I watch my kitty who amuses me with her nose so close to the window, her tail twitching as she too watches the birds. Then she turns her head and looks down. She stares.. and I wonder what is she looking at. I follow her gaze and I see a tiny mouse, about an inch long, feeding on the scattered seeds on the cold, damp patio floor. It is my kitty's instinct to catch that mouse, and if she was hungry she would kill it and eat it. But she is not hungry, so she would play with it and bring it in to show me. She is an indoor kitty so she will not encounter a mouse, hopefully. I look up at the trees in the neighbors's yard naked except for the lichen clinging to the barren limbs. There is not a breeze stirring. I love trees. On this cold January morning they are just waiting, waiting for the first hint of spring as I wait.

There is a dogwood tree on the corner of our cul-de-sac, and in the summer it has coral and white blossoms, so beautiful. I took pictures of it. In the autumn the blossoms drop and the leaves turn red, and in winter nothing but one red seed. I took pictures and wrote poems about the seasons for that dogwood. I shared my poetry and story about the tree to my physical therapist and he exclaimed, "I planted that tree." What a sweet connection.

We do not know our neighbors on the other side of the fence. Their apple tree bears red, crisp apples and one branch leans over the fence into our yard. Our neighbors leave that branch when pruning their tree. Each summer I gather apples and bake apple crumble. To show our gratitude for our "bounty," I wrote a poem and put it on their door step. Before I knew it salad greens were tossed over the fence (tossed salad during the pandemic), and a bowl of luscious pears appeared on our door step.

My mind wanders, which I am allowed to do. I am grateful for my 95 years, and for the time of wandering thoughts. I think of all the connections in my many years. The calendar for the new year on the desk catches my attention. It has pictures of some of my family still in Sweden. I am reminded of my parents sister, aunts and uncles who came to this country from Sweden over 100 years ago to start a new life, and I am grateful to them.

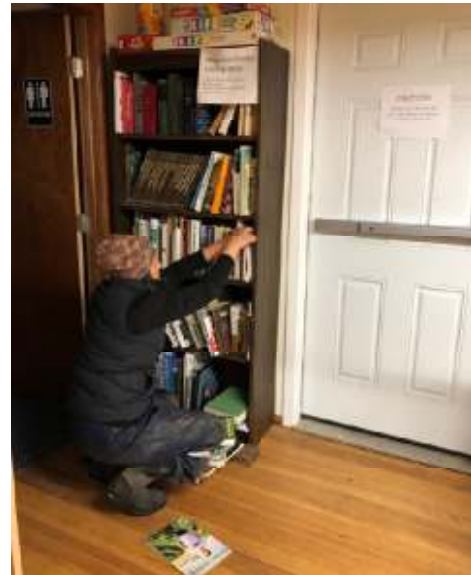
On the window sill in the kitchen is a small planter. I notice three tiny spikes of green, which thrill me. They are flower seeds given to me at Terry's memorial. Terry was a

dancer. She teased me, made me miss a step in our new dance. She made me laugh. She was a caring person. I am glad she came into my life.

I think of all the connections in my ninety-five years of living. I think of my teen age friends who helped me to weather the storms of the years of my youth. Those friends are gone now, but I am part of them! Each person has given me something, even the ones who are strangers. And in some way, I hope I have given, in return, a smile, a nod, a wave or just listening.

I am grateful to all the connections in my life, church folk, teachers, students, poets, writers, dancers, friends, and so many more.

And the moon shines on all of us, the friends, strangers, the kitty, the barren trees, the new seedlings, the birds at the feeder, the tiny mouse, and me.



MRG Book Corner with Yadira

Hey Grangers! At the most recent MRG work day [Jan. 14th], I spent a bit of time organizing our library and discovered a few share worthy things. First, the bookshelf was mostly organized, so thank you to the person who has been taking care of that. The other thing I discovered was that there are treasures on that book shelf! Books will never be out of fashion in my eyes and I'd love it if the library could serve as a way for us to find common ground together. How fun would it be to read a book and then tell another Granger about it? This doesn't have to be an organized or measured effort but for those of us who have social anxiety and may not know how to engage casually with others, talking about a book we read could be a great ice-breaker. I won't be heart-broken if this doesn't happen but I am going to do what I can to encourage that we enjoy our library and each other. So, in each edition of the newsletter I'll plan to introduce you to a book that you can find in the MRG library. Checking a book out is as easy as writing your name and book name down on the clipboard hanging on or near the bookshelf. When you return the book, just cross your name out.

The first book I'd like to introduce you to is part of a series. It's called Foxfire 2 and is a compilation of stories and articles ranging from Old Time Burials to a picture essay called Making A Foot-Powered Lathe to Spring Wild Plant Foods to ghost stories. The essence of this book captures life, rituals, work and recreation in another time. Thank you to the person who donated this series, it is a veritable delight!

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Heritage Tree Nominations Due by March 21

To recognize, foster appreciation of, and honor particular trees of significance in our community.

See www.ci.philomath.or.us/heritagetree

I am a retired ranger from Sequoia and Kings Canyon National Parks and have lived in Philomath for the past 7+ years. I have family here. What a wonderful surprise it was to see hundreds of very young giant sequoia trees all around us! I knew they weren't native to Oregon and none looked over 125 years old. Of course, giant sequoias were all over the earth at one time...back with the dinosaurs.

Cousins only to the Coastal Redwoods (Sequoia Sempervirens) and the Dawn Redwood (Metasequoia) from China, the giant sequoias (Sequoiadendron Giganteum) located along a 200 mile stretch on the western slopes of the Sierra Nevada, are unequalled in mass and are the largest trees on earth. Why? Because they can live many years--- and I mean many. The oldest giant sequoia documented is a sequoia natural snag (stump) that was 3,400 years old! The widest, The General Grant Tree measures 40 feet in diameter and continues to grow today. The common denominator is Tannin or Tannic Acid, a gooey black substance that is so bitter to the taste that insects usually pass on it.

As an educator, I gave myself no choice but to research the history of how the giant sequoias came to Oregon and found out. A human story filled with persistent determination, it resulted in the planting of such a tree by the city on the front grounds of the Philomath Museum, the official Christmas Tree of Philomath (fitting since the Nations Christmas Tree, living that is, is none other than the General Grant Tree in Kings Canyon National Park, the second largest tree in the world, a giant sequoia). The General Grant Tree is also the only living shrine to our war dead. <https://www.youtube.com/watch?v=C7V1W5sX1Ow>

The tree on the grounds of the Philomath Museum has the potential to be a great learning tool for our community. It will also last for a very long, long, long time. It deserves a special name. No one will be able to cut it down. What a legacy...

Pioneer naturalist, John Muir, said about the giant sequoia tree, "God has cared for these trees, saved them from drought, disease, avalanches, and a thousand tempests and floods. But he cannot save them from fools."

- Jackie McDougall Weiner

My name suggestion for the tree is The Heritage Learning Tree!

Answer to "How well do you know Philomath?" challenge:

The Bottle Tree is located at the Independent Community Club (31615 Fern Rd) near the Independent School. The building was listed on the National Register of Historic Places on February 14, 2013. (Photo #2)



I chose these photos because it's exactly 10 years to the day since the 1919 school building was approved for the registry!
- Suzan Foley

Nate's Ag Committee Report

Both Nate and Yadira share their experiences in local agriculture with the people of the Marys River. See "the other side of farming" in one of their blogs: sunbowproduce.com/blogs/news/the-other-side-of-farming



Beloved Grange dog Darwin passed on Feb. 4th. Always in our hearts, we miss him at our meetings and events.

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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 May/June Messenger: April 24th

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



COUNTRY DANCE
LINE DANCING

FRIDAY
JAN 6
FEB 3
MAR 3
APR 7
MAY 5

INSTRUCTION INCLUDED
BOOT SCOOTIN
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7-10:00 PM

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