

Marys River Messenger



Vol. 7, Issue 5

May/June 2025

Grow with the Grange!

Contests and Convention 2025

It's time to enter contests for the Oregon State Grange Convention in June. All Grange members should have received a 2025 Awards, Contests, Scholarships booklet in the mail. If not, here is a link:

https://orgrange.org/res/info/awards/OSG_Awards.pdf.

It has a lot of useful information. Some contests are open to non-Grange members. There is really something for everyone. This year, the person who enters the most GWA (Grange Workers Activities) contests will be awarded \$100. The community Grange that has the most entries for GWA contests will win \$150. We could do this!

Some states use the term Family Activities instead of GWA. That's the idea. There are a range of food and crafts contests for participants of all ages. Winners receive ribbons and cash prizes. Some contests are new this year: Bundt Cake, Sourdough Bread, Any Other Yeast Bread, and Decorated Cookies (instead of Decorated Cakes) in the Baked Goods and Candies category; Honey in the Preserved Foods category; Home Décor, which can be anything – ceramics, painted glass, pillows, etc, in the Crafts category. Also, Corn Hole Bags (sponsored by our own Sonny Hays-Eberts), which will be donated for use at the State Fair Log Cabin. Assembled (constructed) Knitted or Crochet Item – sweaters, etc, (not stuffed animals), in the Textiles category.

There are some changes in the contests specifically for Juniors (ages 5 to 14). They can now submit *any* kind of cookies, *any* baked item, *any* textiles, and *any* papercrafts.

Some items (like the corn hole bags) are meant to be donated. Cards are given to the State Chaplain to use throughout the year; so, though they may be for any occasion, "Thinking of you," "Sympathy," and "Get Well" are preferred. Pillowcases go to Veterans, and Preemie Afghan & Hat sets go to local hospitals. Entries for Bailey's Good Dog Gift Package and Here Kitty Gift

Bag, which must contain at least four items for either a dog or a cat, are taken to the local humane society after the convention. These gifts are fun to put together, knowing that they will help fill a need.

Besides GWA, there are Lecturer's contests, which also award ribbons and cash prizes. They include drawing and painting (including rock painting) categories, flyers (such as we often create for our events), and photography of many different subjects. Print out some of your many smart phone photos and enter them!

Entry forms can be downloaded or copied from the contest booklet. I can transport entries to the convention. I would need to receive them by Thursday June 19th. Call or text me at 541-230-8325 or 541-829-2907, or email to marysrivergrange@gmail.com. Or, come to the Oregon State Grange Convention, starting Saturday June 21st! Details are in the April/May issue of the *Oregon State Grange Bulletin*, which is also mailed to all members. Again, if you haven't received it, here is a link: <https://orgrange.org/res/bltn/back/OSGB00425.pdf>. I will also take donations of canned coffee – regular and decaf (no instant) to the convention, for distribution to VA facilities afterward.

I love the convention. It's like a family reunion for me. It's an opportunity to see people I've come to know over the years, learn about everyone and what they're doing. It's a glimpse of what the Grange is traditionally and currently about. It's also fun to explore the district in which it's held. This year it's in Corbett, close to Portland. As OSG President, Sonny is in charge of a lot of it. I help with the Zoom connection for delegates who can't be there in person. I encourage you to attend, even for only a day. For one thing, you could see all the other contest entries and be inspired!

- Judy Hays-Eberts,
President and GWA Committee, MRG #685

A Little Background

Though I grew up around Granges, I didn't know anything about the organization until I joined much later in life. I simply thought it was for farmers, and I visited the halls only to attend weddings of friends and family. I grew up on the Oregon coast with kids whose families were dairy farmers. And also around people who were loggers and fishermen and like my dad – a heavy equipment operator. Those people were in fraternal organizations like the Elks, Moose, Lions, Eagles. I remember them doing service projects. I babysat their children while they were at the clubs drinking together.

My own parents were members of the Moose and paid their dues primarily because, if something happened to them, the Moose had an orphanage somewhere where I could go to live. It was called Mooseheart. As I became older, that reason fell away and so did their membership.

When I moved to new communities as a younger adult, I did two things to get established: find the local library for resources, and find ways to volunteer to make connections. Through volunteering, I developed references and further opportunities for employment. I've done that since I was a teenager.

So, when my husband Sonny and I moved to Philomath in 2008 with our dog and cats, I quickly fell into volunteering with Senior Dog Rescue of Oregon. I also wrote a column for the *Philomath Bulletin* called "Getting to Know My Neighbors." I still knew nothing about Granges, except as locations for the annual Holiday Bazaars in the Fern Ridge area from where we came. Nor did I know anything when I joined Marys River Grange #685 a few years later. I had attended only one event there, a candidate forum. I simply thought I might find some like-minded folks with interests in gardening and such, and develop some relationships. I just showed up at one of their meetings and said I wanted to join.

Slowly at first, I started to participate. I ended up helping at the Oregon State Grange Convention when it was held in my hometown, Florence, in 2017. That's when I really learned a lot, became excited, and encouraged Sonny to do the same. Sure enough, Sonny became enthused when we attended the convention in Astoria in 2018, and started to volunteer for the Oregon State Grange from then on. This year, he's in charge of the convention himself, as State President.

We have grown in so many ways through the Grange. It's been a place for us to equally participate, to utilize our experience and creative talents and abilities, to foster friendships, and be of service to our community and beyond. We have had opportunities for learning and leadership. We've exercised civic discourse, networked with other communities and organizations, supported local agriculture and rural interests, helped develop ongoing programs and events, enjoyed fellowship, and each made a difference through these efforts. We continue to be stretched in ways we didn't expect for ourselves, and to be rewarded beyond anything we imagined. We found a home here, and we hope you do, too.

- Judy Hays-Eberts, President
Marys River Grange #685

Move the house plants into the garden and give them positions most suitable to their natures. Some will prefer dry sunny locations, others must have some shade. – Organic Gardening, June 1948

The 152nd Oregon State Grange Convention in will be held in District 4 at Corbett Grade School in Corbett, June 21-26, in person and on Zoom. Registration is only \$10! Meal tickets must be purchased and by June 1st. See <https://orgrange.org/res/convention/Meal-Tick.pdf>



MRG Building Committee Report, May 2025

The stairs on the Junior Hall's new south side deck were completed and are ready for use. They are very sturdy and should last for years! We had to add some soil to level the ground by the first step followed by some grass seed and protective straw. Thank you to Demetri Balint for assisting with his tractor to move the soil.

The new chair dolly has been purchased and installed in the connecting room. It holds up to 80 folding chairs and is well built. The dolly can be rolled out into the main hall, however, be forewarned, it is heavy (approximately 400 pounds) and would require two people to maneuver it safely. It is recommended to simply leave it in place and pull the chairs off as needed.

In May, we will be finishing and installing a new bookcase for the Junior Hall in the SE corner. The bookcase will be for the youth program's books and games, and will be securely fastened to the wall for safety. We also plan to finish painting the interior doors in the Jr Hall since the weather is warming.

- Kurt Wiedenmann,
MRG Building Committee

Members: If you have not yet paid dues for 2025, Individual membership is \$55 or Family membership is \$110. Checks should be made payable to Marys River Grange and mailed to P.O. Box 1301, Philomath OR 97370. If you find yourself in a situation where you cannot pay your dues this year, please get in touch with Bea at 309-287-4216 or Judy at 541-829-2907.

Blessed is the member who payeth her dues promptly. She shall sit in safety both in meeting and in her home and her benefits shall not fail.

Blessed is the officer who fulfilleth her duty promptly and cheerfully without fear or favor. She shall have her reward in a clear conscience and a growing organization.

- OSG Home Economics Committee Handbook, 1954

Restorative Yoga

at Marys River Grange



Tuesday, July 1st, 2025

6:00 - 7:30pm

Restorative Yoga is the art of rest.

*Poses are fully supported by blankets and other props
and are held for minutes at a time to encourage total relaxation.*

Appropriate for all levels of yoga experience.

Classes are limited to 12 students, \$25 per class,
pre-registration required.

To register please contact Laura Coen:
331-201-5458 or laurploeg@yahoo.com

JAMMIN' FOR THE HUNGRY

Community Outreach Program of the First United Methodist
Church of Corvallis

Our volunteers obtain an annual Oregon Department of
Agriculture Food Processor's license and utilize the
commercial style kitchen in the church's community center
building.

Stahlbush Island Farms donates most of the fruit we process
into jam using Pomona's All Natural pectin which requires
less sugar than other pectins.

Jammin' for the Hungry is on track to produce over 1,200
jars of jam during the first twelve months since our re-launch.
We donate the jam only to local people facing food
insecurity. It is distributed by the following organizations:

South Corvallis Food Bank
Philomath Food Pantry
Room at the Inn (Corvallis Women's Shelter)
Saint Vincent's Food Pantry

Our needs:

**New or used half pint canning jars or funds to
purchase such jars**

Email address: jammin@corvallisfumc.org
Contact Person: Jon Polansky, Co-Coordinator
Cellular Telephone: 303-870-9871

Check out upcoming **Tarweed Folk School** classes at
<https://www.tarweedfolkschool.com/calendar>

Dear Friends & Supporters,

We find ourselves in extraordinary times. Living expenses
are rising steadily and the need for food and other assistance
is rising. At the same time, the donated food supply is
diminishing as our operating costs continue to increase.
Hunger is already a crisis in Oregon—1 in 8 people
experience food insecurity, including 1 in 6 children. Last
year, the Oregon Food Bank Network of over 1,200
community-based partners saw a 31% increase in demand.
Nancy's Food Pantry (NFP) experienced that same increase in
visits in 2024.

We are very grateful for the recent "March on Hunger"
food drive that raised over 6000 pounds of food for our
programs. This is balanced by the news that the TEFAP Bonus
Commodities funding has been frozen and that the
anticipated 90 truckloads of much needed food for Oregon
have been cancelled. Nancy's Food Pantry and PCS Gleaners
received about 17,000 pounds of produce, dairy, meat and
other high-quality perishable foods from this program alone
in the last two quarters of 2024. Those foods account for
about 17% of the NFP's food supply and about 8% for PCS
Gleaners. Cuts to SNAP and other Federal programs are
being considered by Congress further causing the need for
increased assistance.

There are some tough and uncertain days ahead for
Philomath Community Services (PCS) and the people we
serve. Increased living expenses result in the need for clothing
and infant supplies from June's Kid Klostet and other services
from our partner organizations. All of these circumstances
come together to make your support for PCS even more
crucial.

We appreciate your continued support and ask that you
continue to contribute to PCS's efforts to support our
community and its resilience.

Sincerely,

Sharon Thornberry, Executive Director
director@philomathcommunityservices.org
541-609-8903

Nancy's Food Pantry and June's Kids Klostet Hours:

Tues. 4:30–7:30pm

Thurs. 9:00am–12:00pm

Third Sat., 12:30 to 3:30pm

(closed holidays)

Addresses:

Physical: 360 S 9th St Philomath OR 97370

Mailing: PO Box 1334 Philomath OR 97370

**Philomath Farmers' Market – Sundays from
11:00 AM to 3:00 PM, May 25 to Oct. 19, at
Philomath Community Library. Fresh local produce,
baked and prepared foods, hand-crafted goods. See
friends and neighbors!**

Philomath Community Meal – every Tuesday, 6 pm, at
College United Methodist Church (1123 Main St.), free to all.
Live music after meal. (Tax deductible donations accepted.)

[Read more local news at philomathnews.com](http://philomathnews.com)



The Power of Community and Connection in Mental Health

Supportive relationships and connected communities foster a sense of belonging and promote mental well-being for all.

- Strong mental health is for everyone—and support should be available to all.
- Each person’s mental health journey is unique—a strong support system makes a difference.
- Prioritizing self-care and seeking support strengthen resilience and well-being.
- Social connection and community support play a vital role in mental health and recovery.
- Open conversations about mental health help break stigma and encourage people to seek support.

Mental health is essential for overall well-being at every stage of life. Regardless of age, background, or experience, prioritizing mental health strengthens individuals, families, and communities.



As we age, we may experience life changes that impact our mental health.



- Karen Hudspeth,
MRG Deaf Awareness & Family Health

- Life changes in older adults can impact mental health, but help is always available.
- Mental health conditions in older adults may present differently, such as through changes in interests or energy levels.
- Open conversations about mental health can encourage older adults to seek support.
- Mental health care can enhance quality of life, independence, and social connections.
- Spending time with older adults fosters meaningful connections and well-being.

Would anyone know men or women Vets in all age groups who could have an interest in forming a fun group once or twice a month for conversation, coffee, cards, and just having someone who has the experience of hot and cold war? Contact Ron Paddock, 406-679-0404, MRG Veterans Committee.

Supportive families, communities, and resources help children lay the groundwork for lifelong well-being.

- Supportive families, schools, and communities help children and teens build strong mental health.
- Teaching coping skills early empowers young people to manage emotions and challenges.
- Recognizing early signs of mental health concerns can lead to timely support and positive outcomes.
- Open conversations about emotions help children develop resilience and feel safe seeking help.
- Regular physical activity can help improve children’s mental health and enhance their well-being.
- **Many children** face mental health challenges—**early intervention and support** can make a difference.

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If you or someone you know who works in agriculture, forestry or the fishing industry is struggling, call or text **833-897-2474** for help. The Agristress Helpline is free, operates 24 hours a day, seven days a week, and has trained counselors with experience in those industries who can take phone calls in 160 languages, with English, Spanish and Vietnamese professionals available to respond by text.

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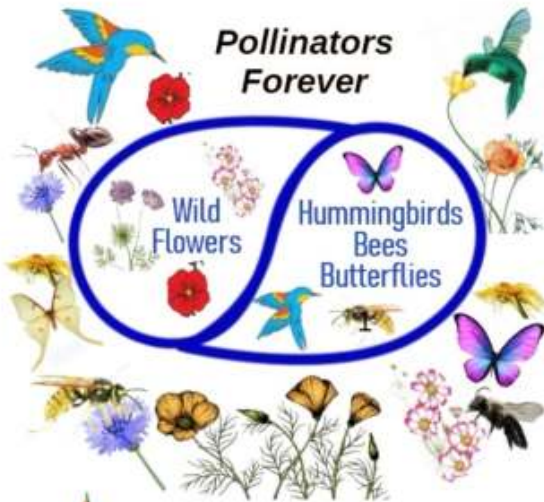
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Philomath, Oregon



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bees and butterflies
Mark Files
1056 Pioneer St.
Philomath, OR 97370
541-360-8759
pollinators369@gmail.com

We will be at the Philomath Farmers Market all summer,
sharpening knives and garden tools.

Succession sowings may be made of the seeds of California poppy,
godetia, clarkia, Shirley poppy and calendula to provide color in the
garden all the summer and far into the fall. Org. Gardening, 1948

The Seasons by Whitney

Spring 2025

There is a hustle and a bustle as we all look for our
seats.

I have a front row seat. Cats are in cheap seats, up on
their towers.

Late comers come and look for their rows,

Find them, slide in, careful not to step on toes.

With a 'scuse me, 'scuse me, they settle down, house
lights dim. An expected hush fills the hall.

Curtains part and a soft gasp is heard.

The conductor, St Francis, all covered in moss,

(He needs a good scrub) comes on stage, audience
applauds,

He turns to the orchestra, raises his baton and a blast
from yellow trumpets

Lifts us from our seats, introduces us to sweet violins of
pink and white Rhodies.

Over the fence, the neighbor's apple trees' young
voices, of pink and white,

Lend background for the violins. High in the tree is a
voice like no other,

We see a black-capped sparrow with a white stripe on
his head, singing to his sweetheart.

A quartet of Camelias step forward and make us smile
with their antics.

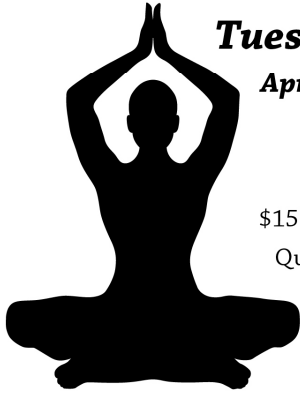
The concert comes to an end.

The conductor invites the members of the orchestra
and singers to stand and bow. He turns, faces the
audience and bows with all of them. We stand to
applaud them all and Mother Nature's another Season
of Spring.

- Marion



Yoga at the Grange returns! Spring 2025



Tuesdays 6pm - 7pm
April 15th - June 24th, 2025

Classes are \$10
for Grange members,
\$15 for non-Grange members.

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

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Susan Stogsdill, Owner



**Marys River Grange
Family Social Potluck and Movie Night!**
Saturday, May 17th, 5:30pm
Bring a Potluck dish to share
Popcorn provided



Cyrano De Bergerac (1950)

Poet, romantic and sword fighter Cyrano de Bergerac loves the beautiful Roxanne, but although he is proud enough of his bulbous proboscis that he regularly duels those who dare mock it, he fears she could never love a man with such an enormous nose. When he learns that she loves the handsome guardsman Christian, Cyrano provides the tongue-tied young man with the words of love and devotion he wishes he could say to Roxanne himself.

Questions? Contact Stacy Moore:
peterandstacymoore@gmail.com 541-908-1093

**Greg's
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LLC**

**Greg Mickenham
General Contractor
OSHP 227579**

541-740-2425

gregmickenham@gmail.com

Jobs big & small! - Free estimates

On April 13th, volunteers cleaned up both sides of the two mile stretch of Hwy 34 designated to Marys River Grange. Thanks to Suzy, Mike, Sarah, Jesse, Marilyn, Mary, and Judy, the companionship made it a great day.





2025 MRG Plant Sale & Seed Swap

The proceeds of Marys River Grange's 2025 Plant Sale & Seed Swap on April 26th totaled \$2,357! This annual event is a benefit for Philomath Community Services. So many contributed to its success: Mark Files sharpened garden tools and kitchen knives for customers throughout the day and passed on all those donations to the sale. Gathering Together Farm and Sunbow Produce and many individuals donated plants from their own farms and gardens and homes. And there were plenty of seeds to share. Of course the highlight was baby goats! Laura Coen of Windy Hill Farm brought a small herd of delightful kids who charmed people of all ages. She also contributed eggs. Willamette Grange and others provided canopies for shade and shelter. The weather cooperated, too! Awesome volunteers made it happen, and many stayed nearly all day.

We obviously are blessed with a very generous community. Customers willingly gave to the cause. Leftovers went to the community garden, where they will continue to be of use. This event was truly enjoyable and heartwarming in so many ways. We all can be proud of it. It was simply the best.



Everyone loved the baby goats from Windy Hill Farm!
- photo by Suzy Johanson

Neural Pathways, Gratitude and Community

Our brain is the most adaptable part of our body. The brain is sometimes called plastic in that it can be molded and shaped into new functions and forms. But what controls the molding and creation of new brain cells, and new pathways of learning?

In the past, our cultures had common practices that built neural pathways of gratitude and a feeling of community. These practices were created because they promoted the nature of the social environment. We now have a new social environment that is problematic to the average person.

By practicing gratitude daily, and basically at all times, we build neural pathways that create happiness in our life and our minds are transformed. More than any other vehicle to express our gratitude is in community. Sharing is caring.

As individuals we can be diligent in our practice. And as community, we can support those efforts to create spaces and philosophies that serve the people of our times.

PS: Mary River Grange's newly remodeled children's room is an ideal space for the creation of community. And the basic principles developed in the early years of the Grange are still relevant today as a way of creating community.

- Mark Files, MRG Chaplain

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



Raffle tickets were sold, too, for the quilt Yvonne McMillan has created for Harvest Fest in October, as a fundraiser for MRG's kitchen remodel project next year.

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 July/August *Messenger*: June 25th

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



Marys River Grange Happenings

Moonlight Country Mixer – Mondays, 7-10 pm,
\$5, host/instructor Jamie Lee

Bluegrass Concert/Jam – May 14, 7 pm, \$10
Monthly Jam/Workshop will return in September

BINGO, 2nd Friday – May 9, June 13, 6-8:30 pm,
\$10 for 10 games (3 cards each), \$1 blackout tickets;
drinks & snacks for sale, free door prizes

Wood Carving Circle – 3rd Weds., 5:30-8:30 pm,
no fee; bring tools & green wood

Yoga at the Grange – Tuesdays, 6-7 pm, to June 24,
& July 22 – Sept. 9; \$10 for Grange members, \$15 for
non-Grange members

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

**Marys River Grange #685 regularly meets on the first
Wednesday of each month at 7 pm at 24707 Grange
Hall Road in Philomath. Potluck at 6:30. Join us!**

The poster has a dark background with orange and blue circular accents. At the top, the text "Tuesday String Band" is written in a stylized, colorful font. In the center, a circular photograph shows three people playing bluegrass instruments (guitar, fiddle, and bass) in a wooded area. Below the photo, the text "LIVE AT MARY'S RIVER GRANGE" is written in large, bold, white letters. Underneath that, it says "WEDNESDAY, MAY 14 @ 7-9 PM" and "\$10 AT THE DOOR". A blue starburst graphic on the right side contains the text "BLUEGRASS JAM TO FOLLOW!". At the bottom, there is a small line of text: "24707 GRANGE HALL RD. PHILOMATH, OR" and "MORE INFO AT TUESDAYSTRINGBAND.COM".