

Marys River Messenger



Vol. 8, Issue 6

July/August 2026

Abuzz at the Grange



Amazing Grange Day

RUMMAGE SALE

Donation Collection Day
Sunday August 9 12 - 4pm

Marys River Grange Hall
24707 Grange Hall Rd

541-829-2907 marysrivergrange@gmail.com

Donations Received for Sale
PLEASE - No electronics, hazardous materials, opened hygiene items or exercise equipment

Receiving Items for Amazing Grange Day Rummage Sale

It's time again for Marys River Grange's annual fundraiser rummage sale, Amazing Grange Day. Contact 541-829-2907 or marysrivergrange@gmail.com to arrange donation of items, or bring them to the Grange on collection day, Sunday August 9th, 12-4pm. Volunteers are needed, as well. The Amazing Grange Day sale will be on Sat. August 22nd, 9am-2pm. Funds will be used to help maintain the Grange Hall.

State Contest Winners



Of the 25 entries this year from Marys River Grange to contests at the Oregon State Grange Annual State Convention in Baker City in June, 11 were 1st, 2nd, or 3rd place winners. Thank you to Yasha Duggal for motivating us!

Winners:

Sonny Hays-Eberts, Grange flyer, 1st place, \$5
Sonny Hays-Eberts, Bailey's Good Dog Package (donated to Humane Society), 2nd place, \$10
Judy Hays-Eberts, Here Kitty Gift Bag, 3rd place, \$5
Mark Files, Metal Art, 1st place, \$50
Susan Stogsdill, Other Paper Crafts, 1st place, \$15
Susan Stogsdill, Art-Drawing, 1st place, \$15
Kyle Hussman, Sourdough Bread, 2nd place, \$7
Yasha Duggal, Bundt Cake, 2nd place, \$10
Yasha Duggal, Decorated Cookies, 1st place, \$15
Susan Stogsdill, Decorated Cookies, 2nd place, \$10
Louisa Hamachek, Decorated Cookies, \$5
Mark Files & Judy Hays-Eberts, My Grange Story, Participant ribbons
Thanks also to Fae Hagerty & Kiko Denzer, Cage Aaron, Joni Tinch, and Alberto Safra

Congratulations, 2026 Graduates!



Makiah Woo graduated from Philomath High School in June. The Woo family joined MRG when Makiah was 9 years old. Makiah will attend LBCC and OSU for Computer Science.



Laura Coen (between Sonny & Judy) graduated in June from Western Oregon University with a Master of Arts in Teaching degree. Laura was a recipient of Oregon State Grange scholarships.

The family is the base of the Grange organization with full membership beginning at age 14. Women have been equal members since the inception of the Grange.

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!

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

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.

Deadline for Sept/Oct Messenger: August 24
No fee for business card-sized ads from members.

A Grange is a community organization that responds to local needs. We have a 150+ year tradition of promoting local food and nonpartisan, nonsectarian, face to face connections.

Salad of '76—In making this salad the ingredients must be chopped separately and in order given. One teaspoonful of onion chopped fine and measured after chopping, five good-sized cold boiled potatoes (or enough to fill two cups after they are chopped), three hard-boiled eggs chopped not too fine, and the crisp tender leaves of two heads of lettuce, leaving out enough of the inner leaves to line the salad bowl. Pour on a dressing made from the following recipe, and mix gently with a silver fork: Yolks of two eggs, three-fourths of a cup of sour cream if you have it, if not use same quantity of sweet or sour milk thickened with a half teaspoonful of corn starch dissolved in tablespoonful of cold water; level tablespoonful of sugar, teaspoonful of mixed mustard, half teaspoonful of pepper, teaspoonful of salt and half a cup of the best vinegar. Mix thoroughly and cook in double boiler or over the teakettle till it thickens. This dressing keeps well and is sufficient for two salads of the size given. - *The Daily News Cookbook*, c1896



Amelia Warnock-Green graduated from Corvallis High School in June. Amelia's parent Cristy Green joined MRG this year and they volunteered together at our annual plant sale. Amelia will attend the UofO and study Psychology.

There is now a tax deductible way to donate funds toward Marys River Grange! Friends of Marys River Grange is now a 501(c)(3) nonprofit organization, which also allows us to apply for grants for which MRG would not otherwise be eligible. (Marys River Grange #685 is a 501(c)8.) Friends of Marys River Grange supports the educational and community service activities and infrastructure of Marys River Grange. Donations may be mailed to Friends of Marys River Grange, PO Box 1301, Philomath, OR 97370.

Questions? friendsofmrgr@gmail.com or 541-829-2907



Swing dance instructors offer lessons on first Mondays at 6:30pm at Marys River Grange, followed by line dancing.

You're invited to Craft Night/Spoon Jam (spoon and other green wood carving circle) **at MRG, 3rd Wednesdays of the month, 5:30-8:30 pm**

Come for carving (beginner to advanced, bring your own tools and wood), or drop in with your unfinished craft project of any kind to work on in the company of fellow crafters. Enjoy friendly conversation and skill sharing. Feel free to bring your dinner or any snacks you might want to share.



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www.windyhill-familyfarm.com

Philomath, Oregon

Come to Philomath Farmers Market, Sundays, 11:00 am to 3:00 pm, thru Oct. 18th, in front of the Philomath Community Library (1050 Applegate St.)
Support local food growers, producers, and makers!

2026 Wren Community Club Concert Series

Thanks to a generous grant from the Benton County Cultural Coalition, the Wren Community Club (WCC) is pleased to announce that they are hosting a 2026 Concert Series! Each family-friendly concert is free and will be held in the historic Wren Community Hall. Donations for the WCC will be accepted at the door.

Sunday, August 23, 6-8pm – **Tuesday String Band**

This bluegrass trio is made up of Western Oregon University music students and alumni who are all dedicating their lives to careers in music. *Tuesday String Band* plays a wide range of high energy bluegrass tunes, new and old. They are on a mission to keep the string band tradition alive and to educate the next generation of pickers, and they are proud to be a contributing member band with the Oregon Bluegrass Association.

[Tuesday String Band](#)

Sunday, October 11, 6-8pm – **The Nettles**

This group plays improvisational music based on traditional tunes. Playing hard, *The Nettles* are a Celtic jam band that makes audiences move and groove. Playing soft, they're a lyrical folk jazz group.

<https://thenettles.com/>

Note: Attendees are welcome to bring beverages into the Hall; however, alcohol is not allowed on the premises (building, grounds, parking lot).

The Wren Community Hall is located at 35515 Hwy 223 (Kings Valley Hwy). If traveling west on Hwy 20 from Philomath, the Hwy 223 intersection is about 5 miles from Philomath and the Hall is located about 1.5 miles north on Hwy 223, just past Cardwell Hill Drive. For additional information call 541-609-0726.

Read more local news at

<https://philomathnews.com/>

SHARPENING

**Free drop off and pick up:
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**1337 Main Street, Philomath
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Fast turnaround for restaurants!

**Videos on how to sharpen and hone
your knives at celticforge.net**

FREE SHARPENING:

Mention this ad from the *Messenger* at the Farmers Market and get one item sharpened for free!

Moving On: Happy Trails

Currently I'm transitioning from being First Lady of the Oregon State Grange, just as I'd finally gotten into the groove of it after two years. I was supportive of my husband Sonny as President from the beginning, yet was uncomfortable with sharing the spotlight. The title of First Lady seemed outdated, as well. However, I learned that I could be myself, and that I had the opportunity to express the love I felt toward the Grange and all who are a part of it.

I am very proud of the work Sonny did as OSG President. It was an all-encompassing commitment and personal sacrifice, and a privilege to serve in that capacity. Very few people know what it truly entails, and many do not desire to learn about the organization on that level. Sonny was well-liked and respected by the majority of those with whom he interacted, yet was the bearer of Grangers' criticisms of each other. I was his confidant throughout. I saw him work seven days a week to keep things flowing in good order, and that he put his whole being to the task. Of course he approaches things the same on the local level, yet he was stretched to handle much, much more. He grew in ways we had never before encountered or imagined. Whatever praise he received was well deserved.

As First Lady, I was along for the ride, a witness to the journey it takes to get to the outcomes we do. Leadership can be lonely, especially if one has no partner or friend to share it. We each play our roles, each important in its own way, each supportive. In fact I got to be First Supporter, from helping by ironing his shirts and packing his lunches, caring for our home life so that he could do what he did, to being a representative of the organization myself and engaging with Grangers everywhere in the state and at every level. I especially enjoyed seeing the different Granges and meeting the people who keep it all happening. Each one is significant to their community and beyond. Truly, what a special opportunity Sonny and I have had! It's been an incredible gift, well worth the effort to live up to it.

All the while, Sonny supported me in my role as current President of Marys River Grange. We both approach our responsibilities with deep personal commitment, yet have different talents and abilities. It amazed me, how Sonny managed to lend assistance and work as passionately for our home Grange while handling exponentially greater concerns. I juggle enough as is. Indeed, though I do a lot in my own manner, I depend on many others doing what they do. I have immense appreciation for every individual, handling all sorts of things in their lives and creating the community we live in together. We take turns with various roles, seen and unseen, each in our own worlds, yet we are multidimensionally one.

The Grange is a beautiful thing, an outcome of struggles, inspiration, and perseverance, that promotes meaning in our lives. It serves its purpose and has a lifespan, as does its members, within a greater whole. We prove its worth through our participation. I encourage everyone to help cultivate it and continue to bring forth the liberal harvest of experience that will nurture and enrich further generations. Regardless of titles, the work remains the same and we strive to do it well.

Grange on!

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

Hot August Nights

Preventing heat stroke involves staying hydrated, dressing appropriately, and avoiding excessive heat exposure, especially during peak hours.

Key Prevention Strategies

1. Stay Hydrated:

Drink plenty of fluids: Aim to drink water regularly, even if you don't feel thirsty. It's recommended to drink about 1 cup (8 oz) of water every 20 minutes when in hot conditions. Consider electrolyte drinks if you are sweating heavily

Avoid alcohol and caffeine: These can lead to dehydration, increasing the risk of heat-related illnesses

2. Dress Appropriately:

Wear lightweight, breathable fabrics: Choose light-colored, loose-fitting clothing made from materials like cotton or moisture-wicking fabrics to help keep your body cool

Use protective gear: If you must be outdoors, wear a wide-brimmed hat and sunglasses to shield yourself from direct sunlight

3. Limit Sun Exposure:

Avoid outdoor activities during peak heat: Try to stay indoors between 10 a.m. and 4 p.m., when the sun's rays are the strongest. If you need to be outside, take frequent breaks in the shade

4. Create a Cool Environment:

Stay in air-conditioned spaces: If possible, remain in air-conditioned buildings. If you don't have air conditioning, consider visiting public places like malls or libraries to cool down

Use fans and ventilation: Close curtains during the hottest part of the day and open windows at night to let cooler air circulate

5. Listen to Your Body:

Recognize the signs of heat-related illness: Be aware of symptoms like dizziness, excessive sweating, and nausea. If you or someone else shows signs of heat exhaustion, move to a cooler place and hydrate immediately

6. Check on Vulnerable Individuals:

Monitor those at higher risk: Keep an eye on children, older adults, and outdoor workers, ensuring they are drinking enough water and staying cool. By following these strategies, you can significantly reduce the risk of heat stroke and other heat-related illnesses, ensuring a safer experience during hot weather. Always be proactive about hydration and environmental conditions to protect yourself and others.

mayoclinichealthsystem.org

- Karen Hudspeth, MRG Deaf Awareness & Family Health

The Philomath Fire Dept. recommends that residents be ready at Level 2 for the entire wildfire season. Suggested resources for alerts and information:

Linn-Benton ALERT

<https://sheriff.bentoncountyor.gov/linn-benton-alert/>

PulsePoint (fastest way to hear about emergencies)

<https://www.pulsepoint.org/>

Watch Duty (great wildfire map of all 50 states)

<https://www.watchduty.org/>

My Lightning Tracker Pro (monitor lightning strikes around the world in close to real time, available at Google Play and the App Store)

Pillars of Health

As we age, senior citizens face a range of health risks, and one key measure of overall longevity is all-cause mortality. Five primary factors significantly influence this risk in older adults. First, bad habits such as smoking, excessive alcohol, or poor stress management can dramatically shorten life expectancy. Second, a lack of sleep is often overlooked; chronic insomnia or poor sleep quality can weaken immunity and raise mortality risk. Third, a sedentary lifestyle, marked by no exercise and minimal physical activity contributes to heart disease and other chronic conditions. Fourth, poor diet—whether it's a lack of nutrients or a diet high in processed food can accelerate age-related diseases. Lastly, one of the most critical factors is simply sitting too much—prolonged inactivity not only undermines circulation but also raises risk for diabetes and cardiovascular issues. By addressing these factors – destructive habits, poor sleep, lack of exercise, poor diet, and sedentary time – we can make a difference in our lives. Seniors can take meaningful steps toward longer, healthier lives, showing that small daily choices have a profound influence on the overall quality of our lives. And, we as Grangers can create these conditions in our lives by supporting one another in an environment of loving kindness. This is our gift to our community and support for one another.

- Mark Files, Chaplain, Marys River Grange



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Susan Stogsdill, Owner

What's up at Willamette Grange #52...

We finally have a date for our annual celebration of all things dog. Come to the **Dog Days of August Puppy Fest Saturday Aug 29th, 1-4pm**. Hot Dogs, Pup-cicles, kissing booth, show-and-tell, and lots more fun stuff. There will be educational info and resource displays. Free ice cream for all! Leashed furry friends are welcome.

If you are looking for another place to play **BINGO**, the Greenberry Tavern sponsors a BINGO fundraiser for WG the first Thursday of the month (July 2, Aug 6) 6-8pm.

We have an ongoing **Herb of The Month group**, open to all, that meets on the last Thursday of the month. Join local herbalism student and Granger, Ari, in learning about a new herb each month. July is Yarrow. Bring your own herbal knowledge, resources, recipes to share. Extra resources will be available.

We are still putting our Hall back together, hanging trim, creating replacement windowsills, painting stairs and ground floor. Bathroom improvements, exterior painting touch-ups, parking and drainage issues... There always seems to be more need as we make great strides in restoring our beautiful building. "The work of another day"... year... etc.

We are so happy to be using our Hall and can offer it to the greater community. This year we have four wedding celebrations. Two of these are WG own members!

Come check us out. Willamette Grange meetings are the second Sunday 5:30pm potluck, 6:00pm meeting.

Willamette Grange #52
PO Box 1923
Corvallis, OR 97339
541-609-8335

Philomath Community Services Report:

We think this week in June may be our biggest week ever!!
Nancy's Food Pantry – Tuesday-39 Households & Thursday-54 Households (Full Food Boxes)

TOTAL - 93 HOUSEHOLDS (an additional 4 households received produce only)

June's Kids Closet – Tuesday-11 households & Thursday-23 Households

TOTAL -34 HOUSEHOLDS

OSU Move-out Distribution

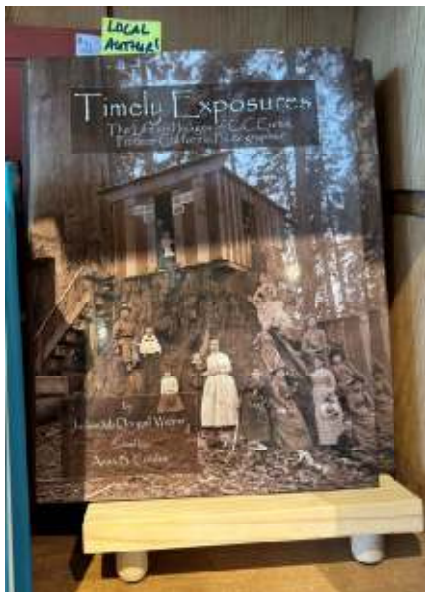
TOTAL - 38 HOUSEHOLDS

All of our volunteers worked very hard & met the challenge. We really need your help with volunteer recruitment for June's Kids Closet. Food & funds donations are greatly appreciated.

- Sharon Thornberry, PCS Executive Director
541-929-2499
PO Box 1334, Philomath, OR 97370

"We shall constantly strive to secure harmony, good will, and brotherhood... We shall earnestly endeavor to suppress personal, local, sectional, and national prejudices... We desire a proper equality, and fairness; protection for the weak; restraint upon the strong; in short, justly distributed power."

- National Grange Declaration of Purposes



Former MRG Lecturer, Jackie McDougall Weiner's book is available at Summer Beam Books on Main Street in Philomath.



Suzan, Mary, Sonny, and Marilyn volunteered with organizer Suzy Johanson to clean up MRG's two-mile section of Hwy 34 on May 17th.

Greg's
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LLC

Greg Mickenham
 General Contractor
OSM 117576
541-740-2425

gregmickenham@gmail.com

Jobs big & small! - Free estimates



Eleven Grangers, with support from Granger dog Kona, cleaned up debris left from the removal of a diseased maple tree behind MRG's Hall on May 30th.

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Coming together is a beginning.
 Keeping together is a progress.
 Working together is a success.
 Plan your work, and work your plan.

- OSG Home Economics Committee Handbook, 1954

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

In necessariis unitas in dubiis libertas in omnibus caritas	In essentials, unity in non-essentials, liberty in all things, charity
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Oregon State Grange Contests and Convention 2026



Susan Stogsdill's portrait of Susan Noah's dog Roxie won first place in the OSG Lecturer's Art-Drawing contest at the State Convention in June.



The last day of Convention was emotional, as Sonny Hays-Eberts wrapped up his term as OSG President. Susan Noah was installed as the new President and Sonny was installed as Treasurer. He will also serve as OSG Education Committee Director and webmaster.



Baker City High School's cafeteria was completely filled with Grange contest entries of all kinds.



OSG Youth Officers performed the flag ceremony on their day to open session.



Grangers visited Old Souls Farm & Market and Elkhorn Peak Lavender on their Ag Tour, while others carpooled to Summit.

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PO Box 1301
Philomath, OR 97370
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541-829-2907



**Amazing
Grange
Day**

A collection of colorful illustrations of household items including a lamp, a globe, a dress, a framed picture, a potted plant, a teddy bear, a teapot, and a birdcage. A central sign reads "RUMMAGE SALE".

**RUMMAGE
SALE**

**Saturday August 22
9am - 2pm
Marys River Grange Hall
24707 Grange Hall Rd**

**Sales by Donation
Proceeds benefit the Grange Hall**

Marys River Grange Happenings

Bring donation items to Marys River Grange Hall on Sunday Aug. 9th, 12-4pm, for the annual **Amazing Grange Day Rummage Sale** on **Saturday August 22nd, 9-2**. Contact 541-829-2907 or marysrivergrange@gmail.com for more info.

BINGO, 2nd Friday – July 10, Aug. 14, 6-8:30 pm, \$10 for 10 games (3 cards each), \$1 blackout tickets; drinks & snacks for sale, free door prizes

Craft Night/Spoon Jam (Wood Carving Circle), 3rd Weds. – July 15, Aug. 19, 5:30-8:30 pm, no fee; bring tools & green wood or any unfinished craft project. Casual conversation, snacks welcome.

Moonlight Country Mixer – Mondays, 7-10 pm, \$5, host/instructor Jamie Lee; first Monday – swing lesson starts at 6:30 pm, \$10

Yoga at the Grange – Tuesdays, 6-7 pm, through Sept. 1, \$10 for Grange members, \$15 for non-Grange members. Questions? Please contact Laura Coen: lauraploeg@yahoo.com