

PENNSYLVANIA GRANGE NEWS

January/February 2017



2017 101st PENNSYLVANIA FARM SHOW

Arena Schedule



ARENA LEGEND:

EA: Equine Arena

LA: Large Arena

SA: Small Arena

NWSR: Northwest Show Ring

Friday, January 6th

- 8AM: Open Beef (EA)
(Shorthorn, Maine Anjou, Maintainer & others)
- 9AM: Texas Longhorn Judging (LA)
- 9AM: Rabbit Show Judging (LA)
- 10AM: Swine Judging (SA)
- 2:30PM: Wool Judging (SA)
- 3PM: Draft Horse Judging (EA)
- 5PM: Sheep & Goat Clinic (SA)
- 5PM: PA HS Rodio Slack (LA)

Saturday, January 7th

- 8AM: Draft Horse Youth Show (EA)
followed by Cart Show
- 8:15AM: Supreme Ch. Bred Gilt (SA)
- 9AM: High School Rodeo (LA)
- 9AM: Bred Gilt Sale (SA)
- 4PM: Sheep Herding Demo (EA)
- 4PM: Junior Mkt Goat (SA)
- 5PM: High School Rodeo (LA)
- 9PM: Grand Ch. Junior Mkt Goat (SA)

Sunday, January 8th

- 8AM: PSP Drill Team (LA)
- 8AM: Junior Beef Breeding (EA)
- 8AM: Junior Mkt Lamb (SA)
- 12PM: Draft Hitch (LA)
- 2PM: Junior Steers (EA)
- 2PM: Grand Ch. Junior Mkt Lamb (SA)
- 5PM: Grand Ch. Steer (EA)
- 5PM: Rabbit Hopping Contest (SA)
- 5:30PM: Junior Beef Showmanship (EA)
- 6PM: Rabbit Sale (SA)
- 7PM: Cumberland County 4-H Drill Team (EA)
- 7PM: Sheep Herding Finals (LA)

Monday, January 9th

- 8AM: Open Beef Judging (EA)
(Angus, Simmental, Hereford & Limousine)
- 8AM: Junior Mkt Swine (SA)
- 2PM: PA State FFA Assn. Convention (LA)
- 3:30PM: Grand Ch. Junior Mkt Swine (SA)
- 4:30PM: Beef Supreme Ch. (EA)
- 5:30PM: Historic Leadline (SA)
- 6PM: Mini Horse Pull (EA)
- 6:45PM: Square Dance Parade (LA)
- 7PM: Square Dance (LA)

Tuesday, January 10th

- 8AM: Alpaca Show (EA)
- 9AM: Pony Pulling (LA)
- 9AM: Scholarship Awards (SA)
- 9:30AM: Sale of Champions (SA)
- 10:30AM: Junior Livestock Sale (SA)
- 1:30PM: Mini vs Draft Horse Challenge (LA)
- 3PM: Horse Pulling (LA)
- 5PM: Horse Hitching (EA)
- 6PM: Celebrity Draft Horse Team Driving (EA)

Wednesday, January 11

- 8AM: Speed Horse Demo (LA)
- 8AM: Antique Tractor Display/Farm Activity (EA)
- 10AM: Youth Fleece to Shawl (SA)
- 12PM: Draft Horse Hitch & Drive (LA)
- 12:30PM: Youth Pedal Tractor Pull (EA)
- 2PM: Mini vs Draft Horse Challenge (LA)
- 3PM: Sheep to Shawl (SA)
- 4PM: Legislative Dairy Showmanship (LA)
- 4PM: Antique Tractor Pull (EA)
- 6PM: Speed Horse Demo (LA)
- 6:30PM: Sheep to Shawl Auction (SA)
- 7PM: Fleece Auction (SA)

Thursday, January 12

- 8AM: Junior Breeding Sheep Show (SA)
- 8AM: Junior Dairy Goat Show (NWSR)
- 8:30AM: Draft Horse Pleasure Show (EA)
- 12PM: Junior Breeding Sheep Ch. (SA)
- 1PM: Exceptional Rodeo (LA)
- 3:30PM: Junior Meat Goat Ch. (NWSR)
- 4PM: Oxen Demo (EA)
- 5PM: Junior Meat Breeding Goat Show (NWSR)
- 6PM: PA Equine Showcase (EA)
- 6PM: Angora-Palooza (SA)
- 7PM: Circuit Finals Rodeo (LA)
- 8PM: Jr. Meat Breeding Goat Supreme Ch. (NWSR)

Friday, January 13

- 8AM: Dairy Cattle Show (EA)
- 8AM: Open Sheep Show (SA)
- 8AM: Open Dairy Goats (NWSR)
- 10AM: Tractor Square Dance (LA)
- 11AM: Mini vs Draft Horse Challenge (LA)
- 11:30AM: Supreme Ch. Wool (SA)
- 12:30PM: Tractor Square Dance (LA)
- 2PM: Supreme Ch. of Dairy Breeds (EA)
- 2:30PM: Celebrity Cow Milking Contest (EA)
- 3:30PM: Junior Dairy Cattle Showmanship (EA)
- 5:30PM: Best Doe of Show (NWSR)
- 6PM: PA Equine Showcase (EA)
- 6PM: Horse Shoe Pitching (SA)
- 7PM: Circuit Finals Rodeo (LA)

Saturday, January 14

- 8AM: Open Sheep (SA)
- 8AM: Boer Goat Show (NWSR)
- 9AM: PA Equine Showcase (EA)
- 9:30AM: Farm Class Horse Pulling (LA)
- 1PM: Supreme Ch. Meat (SA)
- 2PM: Lumberjack Demo & Competition (EA)
- 5PM: Circuit Finals Rodeo (LA)



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January/February 2017

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Cover photography by 88 Dragon Design Studio



From the President's Desk

Elizabeth Downey
PA State Grange President
president@pagrange.org



It is difficult to catch one's breath between September and post National Grange Session. So much to do prior to our own State Session we just completed in Shippensburg and now the panic of co-hosting National Grange's 150th celebration in D.C.

Thank you to our host committee at state session. You were all great about trying out "change" with the new system of one week utilization vs. two as in the past. Next year we will be using the same schedule as this year due to timing elements such as hotel reservations.

Congratulations to the new officers and welcome aboard! We appreciate your spirit of volunteerism and working for the good of our order.

The most important information I need to convey this issue is that we now have outsourced our magazine, Pennsylvania Grange News. This is a project that was in the works for some time. Eventually we are looking forward to our publication actually providing funding vs. costing PA State Grange. You will see elsewhere in this publication an introduction to our publisher and the company information. The publishing company comes from a long lineage of Grangers. You will also find information on contacting them with any submissions you may have. I will still retain final editing responsibilities.

Thank you to the eight Grangers around the state that left us know they responded to their legislators immediately on an issue our legis-

lative director recently issued an immediate response request due to the timing of voting on the bill. I'm hopeful that far more of you did so but didn't copy Vince or me. It is great to know that some of you are willing to so quickly respond to these kinds of legislative needs for Pa State Grange. We truly need more of you to do so.

You will read of both Vince and I promoting grants more in the future. We hope you will take advantage of these opportunities. Recently I sent out notifications on two, having to do with youth programs, and another on your Grange building improvements. I, too, am constantly searching for grants that will help Pa State Grange. Be sure to touch base with your legislators for help on a specific topic. Suppose your Grange facility is also the township voting facility and you do a lot of community service projects such as providing a place for a weekly or monthly farmers market. Your building could probably use grants, that legislators are aware of, which could put a fresh coat of paint on the building or provide handicap accessibility provisions.

My word count for this first new issue is up! May you each have a very blessed Christmas and a wonderful New Year full of family and friends. God bless you.

Our office will be closed December 26-30, 2016 for Christmas.



Pennsylvania Grange News

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March/April Issue
January 6th

May/June Issue
March 3rd

July/August Issue
May 5th

September/October Issue
July 7th

November/December Issue
September 1st

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Chaplain's Corner

Judy Pressler
PA State Grange Chaplain

Greetings and God's blessings from Centennial, PA. This is the beginning of a new year, a new appointment for me and a new opportunity to share God's word and the joys of *serving* Him.

My bio appears somewhere in the newsletter so that will serve as an introduction for those who didn't know me before and an update for my old (long-time) friends.

A Daily Bread writer responded to a challenge to describe his faith in six words in this way "God's grace invites me to *serve*." It struck a chord with me as I prepared to write this first article.

We *planned* to attend State Session this year to reconnect with our friends and get caught up on what's been happening. In a couple of unconnected conversations, the need for a nominee for State Chaplain came up. After prayer and family discussions, I felt led to be considered and that this was a call to *serve*.

Here's a brief recap of our *plans*: we were in a sandwich, rear-end collision a couple of blocks from the Marriott, had ambulance ride, caught a ride with a State Policeman, recovered our car when our "kids" got there and returned to the Best Western only

to find fire trucks in the parking lot. Sprinklers had soaked the rooms and we were relocated to another hotel.

Our 7-year old grandson described this "**Big Story**" in a class assignment and said it was very exciting! Our exciting news was that x-rays showed nothing broken, our clothes did not get wet because they were still in Gramma and Grampa's "crashed car" and we were able to drive our wounded car home to be repaired...and I was elected Chaplain. The **Big Story** for all of us is that God will never leave us or forsake us. He definitely was with us in Shipensburg!

In making *plans*, two scriptures come to mind: one from Jeremiah, "For I know the *plans* I have for you," declares the Lord, "*plans* to prosper and not to harm you, *plans* to give you hope and a future," and one from Proverbs, "In his heart a man *plans* his course, **but** the Lord determines his steps."

And so it is with me. As your State Chaplain, I have *plans* to share the **Big Story** about the special Christ Child whose birthday we just celebrated and to be open to the Lord's *plan* and how He is going to lead me and us into the future together.

Prayerfully yours,
Judy Pressler

Program Director's Department

"Pen In Hand"

Poetry – 292 words

Mary Jane Kent

Wind Rose, PA

Harveys – Aleppo Grange #1444
Greene County, PA

THIS GROUP CALLED THE GRANGE

Eighteen-hundred-and-sixty-six was when
The principles and ideals of seven learned
men

Gave birth to an idea in Washington D.C.
To elevate the lifestyle of the family.

The news was destined to get to PA
Where folks were looking for a better way.
Families were growing and needing festivities,
So some found their answer in Grange activities.

Forty-two years later, in nineteen-and-ten
Harveys Grange was chartered – ladies and
men

Who felt it was time for a positive change,
They met and formed this group called the
"Grange".

A "Grange"? asked one – now that's an odd
word,

And one I believe that I never have heard!
So to those in doubt, it was explained rather
handily

That the Grange is – quite simply – the
home of a family!

A place to go and show that you care
Not just for yourself – but for everyone
there!

"Brothers" and "Sisters" is what we call
each other,

And there's always room for yet another!

Our foundation is a strong Faith in God,
With Hope for what grows up out of the
sod.

Charity describes how for others we care,
And Fidelity means that we'll always be
there.

Today, Grange members enjoy benefits
galore:

Health care, credit cards, discounts and
more!

It pays to belong to the Grange today!
It helps us out in so many ways!

With sincere concern, vim, vigor and verve
We're always looking for more ways to
serve.

By now, I imagine you've figured it out
That fellowship and service is what we're
about!

Our doors are open, and we welcome you
Into our meetings and to all that we do.
So now we invite you to come check us out
And learn just exactly what the Grange is
about!



Celebrating 144th State Session!

The Pennsylvania State Grange recently held its 144th annual session in Shippensburg Pennsylvania. The weekend was filled with policy debate, elections and recognition of outstanding Granges and Grangers.

The session opened with remarks from Secretary of Agriculture, Russell Redding. He spoke about the importance of the Grange's advocacy efforts, not just regarding Ag issues, but the broader scope of issues affecting rural Pennsylvania. Receiving the Friend of the Grange award, on behalf of the Department of Agriculture, was Secretary of Agriculture Russell Redding. Presenting the Friend of the Grange Award, Grange Presi-

dent Elizabeth Downey said that this award is a high-level recognition of the important work done by the Agriculture Department to help rural citizens and promote the Agricultural Economy.

She also commented on Secretary Redding's dedication as being central to the Pennsylvania State Grange decision to recognize the PA Department of Agriculture. "Secretary Redding is a true leader in promoting Pennsylvania's Number One Industry, Agriculture. He also sees the importance of Agriculture in the context of the social and economic fabric of all of rural Pennsylvania."

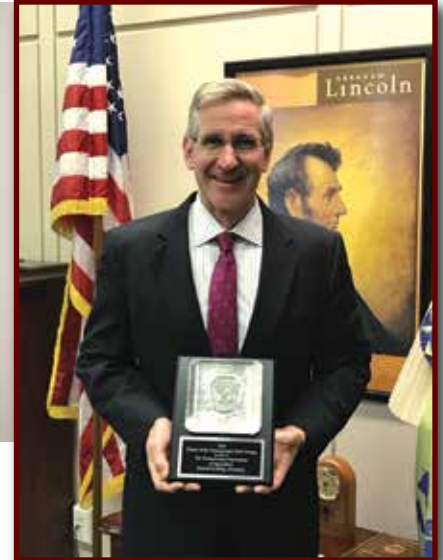
Delegates from community Granges debated and voted on policies including: the handling of bio-solids, conservation requirements and policies, school curriculum issues and access to services for rural Pennsylvanians. They also participated in the annual elections of officers, this year electing a full

slate of State Officers.

Elizabeth (Beth) Downey, a member of Allegheny Grange #1843 and Eagle Grange #1, both in Lycoming County, was re-elected as President. Downey is a life-long Granger, and previously served on the PA State Grange Executive Committee and the State Junior Committee. "I'm excited to continue to serve the Grange in this capacity and look forward to what we can accomplish as an organization during the next two years," said Downey.

Membership growth and mentoring continue to be priorities on Downey's agenda for her second term. "We've made some real progress in the area of membership and I'd like to continue that momentum to achieve a net gain in our membership numbers," she said. During her first term, President Downey revitalized the Grange Deputy program, changing the name to Advocates and putting them to work





mentoring Granges that were in need of some outside assistance. "I believe in the power of mentoring; it's how we will continue to build strong Granges filled with knowledgeable Grangers doing the work of the Order all over Pennsylvania," Downey shared.

In total, the delegates at the 144th annual Pennsylvania State Session elected 14 officers, 7 were newly elected, including: Wayne Campbell of Community Grange #1767 in Perry County, Vice President; Denise Clare of Hamburg Grange #2103 in Berks County, Program Director; Michael Adams of Hamburg Grange, Steward; Lorena Baughman of Scotch Valley Grange #510 in Blair County, Lady Assistant Steward; Andrew Kieffer, Assistant Steward; Judy Pressler of Halfmoon Grange #290 in Centre County, Chaplain; Joanne Heim of Trexlertown Grange #1755 in Lehigh County, Pomona; Ginny Mangel of Wesley Grange #1971 in Butler County, Flora; and Richard

Mangel of Wesley Grange #1971 in Butler County, Executive Committee.

The session wasn't all business; delegates and guests took time out to recognize those among them who've gone above and beyond in their Grange Service. The Jack and Sonja Bell Family of Logan Grange #109 in Centre County were recognized as the Grange Family of the year. Members of their family are very active in their Grange, local fair, church and other community activities. Denny and Kris (Bell) McCloskey were on hand to receive the award on behalf of their family.

Eugene Everly, a member of Carmichaels Grange #1389 in Greene County was recognized as the 2016 Granger of the Year. He's served the Grange and local community for 60 + years, and is still active at 92 years old. Members of Greene County Pomona Grange accepted the award on his behalf.

Also recognized were the 2016 Friend of the Youth, Derek Schroeder of Virginville Grange #1832, Berks County and the 2016 Junior Grange Supporter, Heather Druckmiller of Valley Grange #1360 in York County.

The Pennsylvania State Grange, chartered in 1873, is a nonprofit, non-partisan, fraternal organization that advocates for rural America and agriculture. With a strong history in grassroots activism, family values and community service, the Grange represents approximately 8,000 Pennsylvanians across the Commonwealth. It is the oldest agricultural and rural organization of its kind in the United States.





"Snapshots"

from the 144th State Session





150th National Grange Convention

2016 marked the monumental 150th Session of the National Grange, and to help celebrate this spectacular event, the 150th Annual National Grange Convention was held in Herndon, VA...just "down the road" from our Nation's grand Capital. Numerous activities were planned for those attending the Convention; wreath laying ceremony at Arlington National Cemetery, many informative and entertaining workshops, admission of Forth Degree Members, 6th and 7th Degree Conferalls, loads of Junior Granger activities, tours of DC Monuments, numerous fantastic hosted meals, and important legislative meetings.

During one of the meetings, the Distinguished Grange Program presented the following Pennsylvania Granges with the Distinguished Grange Awards: (pictured top to bottom) Pennsylvania State Grange, Elizabethtown #2076, Hamburg #2103, Harveys-Aleppo #1444, Hookstown #1980, Log Cabin Unity #2110, Russellville #91, Valley #1360, Virginville #1832. The Distinguished Grange Program honors Subordinate and State Granges that fulfill their responsibilities as part of the National Grange, while excelling in the areas of membership, fundraising, and service



to their communities. Congratulations to all our outstanding PA Granges who were acknowledged for their hard work and dedication to Grange life!





2016-2018 State Officers

The Pennsylvania State Grange is honored to present to you the elected State Officers for the 2016-2018 term. Please welcome them, as they respectfully and diligently perform their responsibilities to the Pennsylvania State Grange.

PRESIDENT

Elizabeth "Beth" Downey

Beth has been in Grange all her life at Allegheny Grange located on the family farm. She has held many offices at the Community and Pomona level and served on the state Junior Grange Committee, personally developing seven Junior Granges. Downey was a member of the Pa State Grange Executive Committee for two terms and served as a National Grange Session Second Delegate for our state four years prior to her election to President of the PA State Grange.

Downey initiated candidate forums sponsored by Lycoming County Pomona Grange and served as its Legislative Chair for many years. Other offices at her local level include Program Director at her Pomona and Community Granges, President of Allegheny #1843 and Secretary at Eagle Grange #1, as an affiliate member.

Beth is a member of the PSU Ag Council, a board member of both PA Farm Link and PSCFO (Pennsylvania State Council of Farm Organizations). She is involved in many local civic projects.

She and her husband, Bernie, have 6 children, 9 grandchildren and 6 great grandkids...and Ollie, the Corgi.

VICE-PRESIDENT

Wayne Campbell

I have been involved in the Grange all of my life. My parents were both active Grangers. I have been the President/Master of both our local and Pomona. In our church I served on council and served with my wife Debbie as youth group leader for 13 years. I was a dairy farmer until 1981. After that I repaired farm equipment, worked in a large GM dealership as Warranty clerk, then Service Manager for 20 years, worked in a John Deere dealership as Service Manager then Store Manager, back to a used auto dealership close to home for 5 years and am currently driving a transit bus transporting people to appointments. My wife Debbie and I have 3 children, 3 grandchildren, and have been married for 43 wonderful years. I am looking forward to serving as your Pa State Grange Overseer.

PROGRAM DIRECTOR

Denise Clare

Charter member of Hamburg Grange #2103, Virginville Grange #1832, Overseer of Berks County Pomona Grange #43, Grange member since 2005, and 7th Degree member. Also a board member of Hamburg Area Historical Society

STEWARD

Michael Adams

ASSISTANT STEWARD

Andrew Kieffer

LADY ASSISTANT STEWARD

Lorena Baughman

CHAPLAIN

Judy Pressler

Judy Pressler is a member of Halfmoon Grange #290 in Centre County and a 7th degree member of National Grange. She is the wife of Lee Pressler, mother of Melissa Gartner, mother-in-law of Bill Gartner & Gramma of William Gartner. She has served in various positions in her local Grange: LA Steward, Lecturer, Secretary, Master and is currently serving as Treasurer. Judy also served as Chaplain in her Pomona Grange #13 and as State Chaplain for 6 years. She is a member of St. Paul's United Methodist Church in State College and serves as Communion Steward as well as a Home Communion Server and participates in Women of Purpose Bible Studies. She has been a volunteer in the Emergency Department at Mt Nittany Medical Center for 16 years, logging more than 1500 hours. She has served for 3 years on the Advisory Council of Retired Senior Volunteers Program in Centre County.

TREASURER

Henry Seidel

SECRETARY

Debbie Campbell

GATEKEEPER

Gene Zvarick

Third generation Grange member from Keystone Grange #2 in Montgomery County where I served as Steward, Lecturer, and as an Executive Committee member. Married to Denae who loves to travel the state with me attending various



Back row: Rich Mangel, Barbara Gross, Robert Bair, Gene Zvarick, Michael Adams, Elizabeth Downey, Andrew Kieffer, Wayne Campbell, Henry Seidel, & Debbie Campbell



Front row: Lorena Baughman, Jennifer Beamon, Virginia Mangel, Joanne Heim, & Denise Clare

Grange functions. I grew up in the home Grange of former State Master Charlie Wismer who mentored me. My favorite thing about the Grange is the people I meet and the skills I develop in the Grange. I would not be where I am today without my Grange experiences and I look forward to serving the PA State Grange for many years to come.

CERES

Jennifer Beamon

I am thrilled to be entering my third term as the PA State Grange Ceres. I grew up in the Grange and have now had opportunities in all levels of Grange. In addition to State Ceres, I currently serve as the Hamburg Grange Lecturer and Berks County Grange Secretary. I recently gave up my title as National Grange Outstanding Young Patron, which I

served with my husband Robert. We live in Lebanon, PA, with our 1-year-old daughter Savannah and two turtles. I work at a worldwide leading pharmaceutical company, where my husband also works. We attend Zion Iona in Lebanon where I play on the bell choir. I'm looking forward to seeing what the PA State Grange will accomplish over the next two years.

POMONA

Joanne Heim

FLORA

Ginny Mangel

Virginia "Ginny" Mangel is a 48 year Granger. We began our journey by joining the Granges Square Dance team, which entered many competitions and were a part of many festivals, etc. as part

of their entertainment. Come fall of that year I was elected into the Secretary's position, which started my many years of being an officer or committee chairman. In the early 70's my husband and I were appointed to the Pa. State Grange Youth Committee. There we served for about 12 years under several Masters. I served 12 years as the State Grange Family Activities Director, a job I thoroughly enjoyed, I met some wonderful people of the grange during those years. Now I am the newly elected Flora for the Pa. State Grange and I look forward to the many challenges there. I enjoy sewing, crafting, and loving my five grandchildren.

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Government Matter's
Vince Phillips
 PA State Grange Lobbyist

nia's medical schools. The plan calls for a focus in four key areas including pain management; multi-modal treatments for chronic pain that minimize the use of opioids, or when opi-

OPIOID EFFORTS BEGIN TO TAKE SHAPE

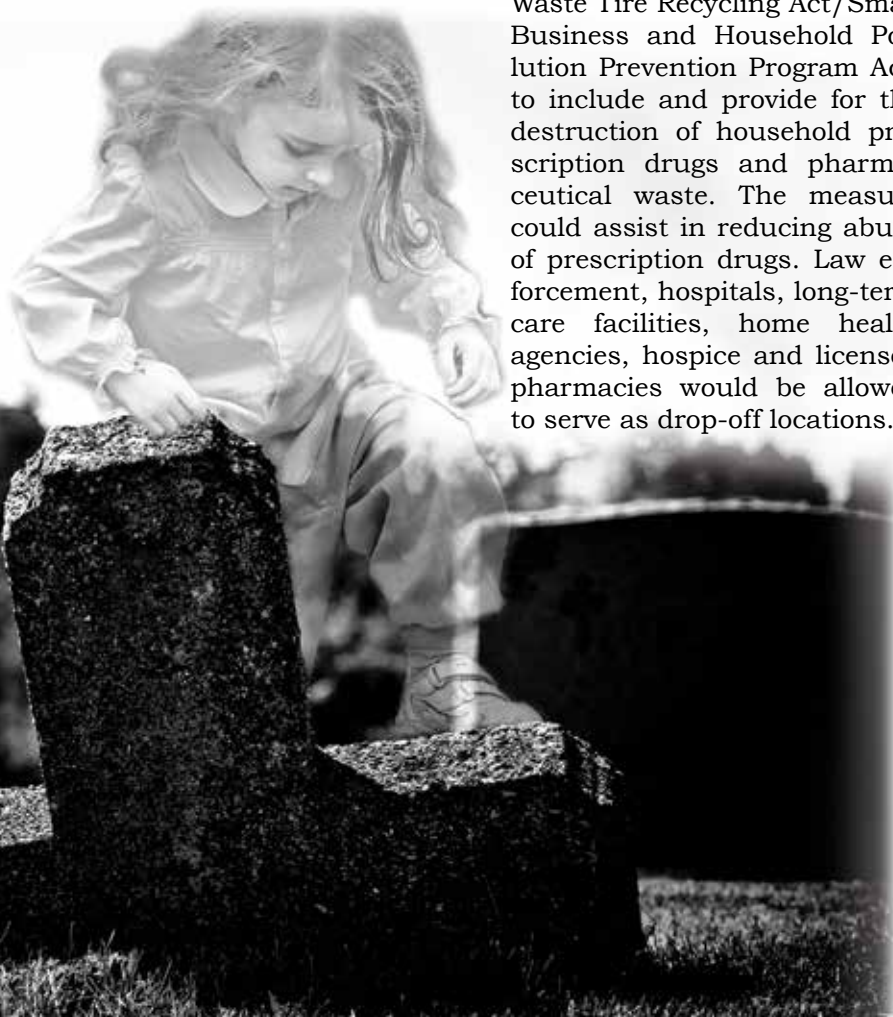
Right now, it is hard to find media without something on the opioid/heroin crisis facing America and Pennsylvania. The Governor is talking about it. On September 28, a joint session of the House and Senate listened to Governor Tom Wolf address the opioid/heroin crisis in Pennsylvania. He urged prompt action by the General Assembly and on November 2, Governor Tom Wolf signed several bills into law

- Senate Bill 1202 requires licensed medication dispensers and prescriber's to receive two hours of continuing education in pain management or in the prescribing practices of opioids. Health care providers would be required to check a state data base to see if the patient is "doctor-shopping" and trying to get prescription drugs from several.

- Senate Bill 1367 limits the amount of opioids that children may be prescribed to seven days, with reasonable exceptions for cases involving chronic pain, cancer treatment or for palliative care or hospice care. It also requires a health care professional to obtain written consent from a minor's parent or legal guardian to prescribe a medical treatment containing opioids, and provide information on the risks of addiction and dangers of overdose associated with the medication.
- Senate Bill 1368 implements the Safe Opioid Prescribing Curriculum in all of Pennsylv-

oids are indicated, to prescribe them in a way that is safe and that follows guideline-based care; focusing on patients who have been identified as at-risk for developing problems with prescription opioids; and teaching medical students how to manage substance abuse disorders as a chronic disease.

- House Bill 1699 creates the Safe Emergency Prescribing Act and limits the quantity of opioids which may be prescribed to a patient seeking treatment in a hospital emergency department or urgent care center to seven days..
- House Bill 1737. amends the Waste Tire Recycling Act/Small Business and Household Pollution Prevention Program Act, to include and provide for the destruction of household prescription drugs and pharmaceutical waste. The measure could assist in reducing abuse of prescription drugs. Law enforcement, hospitals, long-term care facilities, home health agencies, hospice and licensed pharmacies would be allowed to serve as drop-off locations.





Strategies on Many Fronts

Now emerging is an approach addressing the problem from several directions. What is noteworthy is that many proposed solutions are not tied to the criminal justice system – increased penalties, etc. The approach is rather to treat those who are addicted as resolving a medical issue. The thinking of PA Physician General Dr. Rachel Levine seems to be taking hold that the addiction is a disease and must be treated as such.

Here is the rationale. In addition to criminal activity that goes on with drug dealers, this opioid/heroin crisis emerged quietly. Per a presentation made by Dr. Levine at the fall meeting of the PA State Council of Farm Organizations, for many, it starts with pain medication freely given by physicians wanting to alleviate suffering. She said this almost automatic Rx treatment evolved from of a school of thought in much of the medical community on managing pain as a major priority. While these pain medications are a vital tool, too many prescriptions led to several related consequences.

If someone's life is saved, that is a victory!

According to Dr. Levine, a scenario might look like this.

- Too much pain medication means dependence.
- Dependence means doctor-shopping to get multiple prescriptions
- When the pain medication loses its effectiveness, the individual looks for something stronger and heroin and some extremely potent chemical compounds enter the scene.
- The addict commits crime to feed the addiction, dies from an overdose, or seeks treatment.

If that is the dynamic, several strategies follow in addition to the traditional criminal investigation and prosecution of drug dealers.

Saving at-risk lives from overdoses

The Wolf Administration has taken administrative steps to give overdosed addicts a life line. Special antidotes are proven effective in literally bringing people back from the brink of death. Dr. Levine reported that police and first-responders administer life-saving drugs in emergency situations with over 1,000 lives so far. As a doctor, the Physician General wrote out a blanket prescription authorizing adults to secure this life-saver without a prescription from a local doctor. That means that families of addicts can have this treatment in case the addicted individual has an overdose. While confronting an immediate problem (deaths), there is recognition that these overdoses are a symptom of the underlying problems.

Expanding Treatment Resources

If someone's life is saved, that is a victory. But, without adequate treatment, the victory is short-lived. There is interest in the General Assembly to require longer periods of treatment that insurance must cover. It has been suggested

that current coverage does not allow sufficient time for recovery and without sufficient time, the individual is left to cope by themselves (and ultimately will be dragged down again by drugs). On a similar track, there is pressure to increase public spending at both the Federal and state levels on treatment facilities to enable them to widen the scope of whom they help.

Restricting Supply

Legislation has been advanced to require insurance coverage for pain medications that are harder to crush. Similar to the tamper-proof medicine containers, this strategy makes it more difficult to abuse opioid pain medications. Not making it through the legisla-

tive gauntlet was House Bill 1698 (Heffley-R-Carbon) requires that health insurance companies include coverage for abuse-deterrent opioids (harder to snort or grind into powder, etc.); HB 1698 passed the House and the Senate October 25. It needed House concurrence with Senate amendments before it could go to the Governor for his signature.

Addressing Demand

Ultimately, one solution to the opioid/heroin crisis is reducing demand by taking away the ability of individuals to game the system by securing multiple prescriptions from different providers. Advocated is an electronic database allowing health care providers and pharmacists to see if a person already has a prescription and then not to provide additional medicine. In addition, limiting the amount of pills that can be prescribed would potentially have an impact.

Underlying these strategies is required training for doctors to rethink the previous school of thought of almost automatically subscribing opioids as an integral part of pain management.

A closing note to this article is an October 3, 2016 column by Insurance Journal Editor-In-Chief Andrea Wells on reducing demand for opioid drugs. She cited a study conducted by Columbia University's Mailman School of Public Health assessing the link between state marijuana laws and individuals' opioid use. Its' conclusion: "We would expect the adverse consequences of opioid use to decrease over time in states where medical marijuana use is legal as individuals substitute marijuana for opioids in the treatment of severe or chronic pain."





ARE YOU PREPARED?

Be Prepared to Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be hazardous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.



Take These Steps for Your Home

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

Winterize your home

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.

Check your heating systems

- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector. Test batteries monthly.
- Have a safe alternate heating source and alternate fuels available.
- Prevent carbon monoxide (CO) emergencies.*

* Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.

* Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Don't Forget to Prepare Your Car

Get your car ready for cold weather use before winter arrives.

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency

kit to keep in your car in case you become stranded. The kit should include: blankets, food and water, booster cables, flares, tire pump, and a bag of sand or cat litter (for traction), compass and maps, flashlight, battery-powered radio, and extra batteries, first-aid kit, and plastic bags (for sanitation).

Equip in Advance for Emergencies

Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- Keep an up-to-date emergency kit, including:
Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps; extra batteries; first-aid kit and extra medicine; baby items; and cat litter or sand for icy walkways.
- Protect your family from carbon monoxide:
Keep grills, camp stoves, and generators out of the house, basement and garage; locate generators at least 20 feet from the house; and leave your home immediately if the CO detector sounds, and call 911.

Take These Precautions Outdoors

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.

- Learn safety precautions to follow when outdoors:

Be aware of the wind chill factor; work slowly when doing outside chores; take a buddy and an emergency kit when you are participating in outdoor recreation; and carry a cell phone.

Do This When You Plan to Travel

When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Follow these safety rules if you become stranded in your car:
Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs; stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling; run the engine and heater only 10 minutes every hour; keep a downwind window open; and make sure the tailpipe is not blocked.

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

Article originally published by the Center for Disease Control and Prevention. Additional life-saving information can be found on the CDC's web site: www.cdc.gov



Back to the Land:

Growing Herbs Indoors

Herbs grown indoors offer many benefits including fragrant foliage, various foliage colors and shapes, a constant supply of herb leaves for cooking, and continual leaf production after the outdoor growing season has ended. If you will be growing herbs for their leaves, make sure that enough are grown to supply ingredients for your favorite dishes.

Not all herbs will grow well indoors because their root systems require rather large containers.

Examples of herbs that grow well indoors include:

Chives (*Allium spp.*)

Horehound (*Marrubium vulgare*)

Winter savory (*Satureja montana*)

Herbs, like many houseplants have certain requirements to grow indoors. However, unlike common houseplants, herbs need conditions to be just right for optimum growth, or their health will rapidly decline.

Requirements for growing herbs indoors

Most herbs need six hours of direct sunlight. Either place herbs in a sunny location, for example, near a window with a southern exposure, or place herbs 6 to 12 inches from two 40 watt, cool white fluorescent bulbs for 14 to 16 hours. Herbs that can tolerate indirect sunlight include mint (*Mentha spp.*), bay (*Laurus nobilis*), rosemary (*Rosmarinus officinalis*), and thyme (*Thymus spp.*). Lemon balm (*Melissa officinalis*) and tarragon (*Artemisia dracunculus*) will even grow well in very low light conditions. Herbs that are not exposed to prefer light conditions will become thin and spindly, produce smaller leaves, and have a reduced aroma. If plants are grown on windowsills, it will be necessary to rotate pots often so that each side gets enough light for uniform growth.

Keep herbs in rooms that have at least a 65 to 70°F day and 55 to 60°F night temperature regimes. Although

Herbs make a great addition to a garden, but they can also be grown indoors as year-round houseplants or just during the winter months to protect tender herbs such as rosemary (*Rosmarinus officinalis*) or basil (*Ocimum basilicum*).

most herbs can survive temperatures that are in the mid to low 40s, others cannot; for example, basil (*Ocimum basilicum*) cannot survive temperatures lower than 50°F.

Herbs also require a proper balance between a humid environment and adequate air circulation. Containers should be grouped together to create a humid environment, however, the closer containers are, the more likely air will not be able to properly circulate through the plants. Other options for increasing humidity including setting containers in a pan of moist pebbles or spraying plants with a misting bottle of water. Air circulation can be increased by slightly opening a window in an adjoining room, but prevent drafts during the late spring, summer, and fall months. A fan can be used to circulate air during the winter.

Herbs should be grown in containers with a drainage hole and in a potting mix that will aid water drainage. Water the potting mix when it starts to dry out. Certain herbs such as bay (*Laurus nobilis*), marjoram (*Origanum spp.*), sage (*Salvia officinalis*), and thyme (*Thymus spp.*) should dry out slightly between waterings. When growing rosemary

(*Rosmarinus officinalis*) in containers, never allow the potting mix to dry out completely.

Fertilize herbs with a low dose of water-soluble fertilizer every two weeks. Fertilizing herbs more often may negatively affect the herb's aroma and taste.

A soapy solution, 1 to 2 tablespoons of a mild soap such as dish-washing soap to one gallon of warm water, can be used to control most insect pests. Spray infested plants with the solution

Culinary Herbs



Oregano



Dill



Parsley



Chervil



Thyme



Sage



Chives



Tarragon



Basil



Cilantro (Coriander)



Rosemary



Mint



once a week while pests are visible. Check the plants often to make sure that the soap solution is not discoloring or otherwise affecting the leaves. If this does happen, decrease the amount of soap used in the solution and discontinue use if the leaves still look discolored or abnormal. Always wash leaves off before you use them in a recipe.

Herbs should be re-potted when roots grow through the drainage hole. The best time to re-pot is in the early spring so that herbs can grow into the new medium during the growing season. Perennial herbs can be re-potted several times to accommodate new growth. Any herbs with a taproot, such as borage (*Borago officinalis*) and dill (*Anethum graveolens*), should be grown in deep pots. Herbs with a more trailing form can be grown in hanging baskets.

Placing herbs outside during the warmer months

If you would like to place your herbs in containers outside during the late spring and summer months, acclimate them to higher light levels and intensities produced by the sun. Start by placing pots outdoors in partial shade, and then slowly expose them to more and more light every few days. Continue to check the overall health of your plants to see if the fertilizer regiment or watering need to be increase. Also, look for any signs of insect infestation and damage.

Article reprinted from the Penn State Extension Office website. Prepared by Kathleen M. Kelley, assistant professor of consumer horticulture and Elsa S. Sánchez, assistant professor of horticultural systems management

Some additional herbs that are easy to grow indoors, and very beneficial to your health and flavoring food: Lemongrass, Mint, Rosemary, Parsley, Sage, Vietnamese Coriander, Oregano, Bay, Thyme, and Basil.

2016-2018 State Officers

continued from page 9

EXECUTIVE COMMITTEE

Robert Bair

Janet Pratt

Barbara Gross (2015 – 2018)

Barbara is a third generation Grange member having been a Junior Grange member of Scrubgrass Grange and then continuing on as a Subordinate member. She has been active in Grange work and presently serves as Venango Co. Pomona Grange President. Barbara served on the PA State Grange Youth Committee from 1961 – 1964 and then on the National Grange Youth Committee in 1966 – 1967. She traveled from coast to coast as a Youth Committee Representative for 3 months during the summer of 1966. She also served on the PA State Grange Executive Committee from 2006 – 20013. Barbara along with her husband, Glenn, developed the PA Grange Heritage Quilt Trail and teach wooden Quilt Block painting.

Dick Mangel

Richard Mangel was elected to the Pa State Grange Executive Committee on Saturday October 22, 2016 at the State Grange Session in Shippensburg Pa. He has served 6 years as the Pa State Grange Overseer and 6 years as the Pa State Grange Gatekeeper. Richard is presently Master of the Butler County Pomona Grange #17 and Overseer of Unionville #1971 Subordinate Grange. Richard is a 48 year Grange member. He is also active in the Rich-Mar Rotary Club of Valencia, Pa. serving as President in 2014/2015. He presently is chairman of Rotary District 7280 Strategic Planning committee. Richard lives in Butler Pa. with his wife Virginia and they have been married for 48 years. They have 2 children and 5 grand-children. Richard enjoys hunting, fishing, camping, and spending time with his family.



Meet YOUR Publisher

events on the horizon? Send them to me, please!

You will notice MANY format changes in this initial issue. I hope that they meet with your approval and you enjoy the numerous articles we've published in this issue. We have more changes on the horizon...namely; we will be accepting advertising from members! Yes, now you can promote your "Grange-friendly business/products" to your fellow Grangers. If you'd like advertising information, please contact me.

A tiny bit about me; my name is Heather Hiller and I have over 20 years of publishing/ graphic design/ marketing/ photography experience. I'm also a Certified EMT & Certified Explosive Detection K9 Handler. For fun I enjoy exercising my 2nd Amendment rights, studying religion in American history, raising rabbits, chickens and horses on my farm, exploring the back roads of Pennsylvania on the back of my husband's Harley, and...I'm greatly looking forward to the next 12 months working for YOU!

Greetings, Pennsylvania State Grangers! PA State Grange President, Elizabeth Downey, asked me to take some space in this issue to introduce myself to everyone and let you know not only what I expect of myself but what I expect from all of you.

Let me start by saying that I work for YOU! My goals are very simple...I want to create a publication that documents our current events, celebrates our history, teaches our younger members, promotes unity through fellowship, and generates new members. See...simple! So, how do I plan to do all of this? With your help, of course! I'm expecting everyone to contribute to the content of our publication. Do you have any fantastic "How to" articles, pictures of recent Grange activities, Grange historical stories, or Grange



Moving Forward

By Lizzie Bailey, 11-9-16
*PA State Grange Advocate & President
of Cumberland Valley Grange #2104 in
Shippensburg*

"Politics make for strange bedfellows," my grandmother would say. Isn't that the truth and I think I better understand that statement this morning after staying up to watch the results of the election.

In the 54 years of my life, I believed we would be celebrating the election of our 1st woman president. I would be lying if I said that I didn't sit here in the wee hours this morning and shed tears over the fact that we were unable to elect a woman to lead our nation.

In saying all this though, I failed to realize the depth of people's discontent and the desire for change, whatever that change, may be.

For years, I have said that I am a

registered Republican with Democratic sympathies, and felt there wasn't a true party that represents me. Every election was like selecting my dinner from an ala carte menu.

When I finally went to sleep after Donald Trump's speech, I was dreaming. My mind I guess was digesting all the information that the analysts were sharing from their reports. In my dreams, it became vividly clear that as a Grange member I should be extremely proud about what just happened!

In the early morning hours, the analysts were reporting that a tipping point for Trump was the rural communities that came out in droves to vote, and even more detailed were working class, non-college graduates demanding change because the status quo isn't working for them.

Let us tap into the issues that our rural community and nation is demanding to see change in. We need to write stronger mainstream resolutions,

and rallying our current members to be more involved in legislative issues.

What I see is an opportunity for resurgence in the need for new Granges. We represent rural and urban America with their issues, and have done so since the 1800's. Time is now for recruitment!

People are demanding change, and I am fearful that the desire for change was stronger than thinking completely about what face change will wear with the candidates. We all as voters, need to be even more involved than ever before, as change will need guidance through our voices working with our elected officials.

The Grange can be a key component in moving forward from this election. We promote family values that can pull a divided community, state, or nation back together again. We all experience winning and losing with every election, now let's pull ourselves together and move forward.

Welcome New Members!

Canusarago #27
Clair Karchnar & Shelia Temple
Fulton #66
Edith Ambler Jackson
Russellville #91
Lavenia S Civitella
Progress #96
Marilyn McLaughlin
Logan Grange #109
Amy Jo Larimer & Kay Larimer
Union Grange #152
Carol Bailey & Robert Thomas
Penns Valley #158
R. Drake Baker
Hartslog Valley Grange #375
Andy Stowell
Edgewood #688
Douglas Wright & Alice Wright
California #941
Rebecca Cotner, Sharon Waltman, Bill Waltman & Annette Welch
Pleasant Valley Grange #1074
Barbara Richter
Fairdale #1157
Pauline Jackson & Jean Pierce
Harveys- Aleppo #1444
Carla Rodgers
Shartlesville Grange #1512
Carl Berger, Shirley Berger, Patricia Cahill Bernadine Lenkiewinz, John Cusatis, Bonnie Cusatis, Pamela Pozniak, Patricia Fisher
Kimmerlings Grange #1529
Kadee Getz
Fassett Grange #1567
Autumn Harshberger

Red Lion #1781
Larissa Herbert & Allison Macklin
Spring Church #1803
Micky Donner
Virginville #1832
Tina Boyd
Greenwood Grange #1852
Sabrina Schiegel, Rita Zeigler, Dawn Pyle, Richard Diehl, Jean Messimer, Joshua Bassler, Dawn Bassler, Drew Yorks, Brandy Yorks
Mt. Nebo #1872
Peggy Kipp
Unionville Grange # 1971
Charles & Darlene Kay
Long Branch Community Grange # 2072
Christina & Jeffrey Scales
Twin East Hanover # 2089
Sherry Bashmore & Chris Seaman

Happy Birthday!

Sanatoga Grange #25
Mary Overly
Virginville Grange #1832
Elaine N Miller

In Memoriam:

Brandywine Grange #60
Mary Ann Koman & Elaine Cook
Middletown #684
William Lowness
Edgewood #688
Duane Doah

Walker #786
John Groninger
Chestnut Ridge #1133
Shirley P Burnsworth
Victoria Grange #1193
Margaret Tubbs
Central Grange #1216
Charlotte Freeman
Hickory #1285
Edwin Nelson
Valley #1360
Nevin Mohler
Carmichaels #1389
John Citrota
London Grange #1492
Barbara Russell
Grange #1496
Elizabeth Wickersham
Buffalo Grange #1523
Ruth Walker
Mahoning Valley #1649
Edna Lukehart
Seipstown #1657
Daryl Wolf
Plumsteadville Grange #1738
Myron Kressman
Gouglersville #1743
Carol Frankhouser
Little Gap #1882
Mrs. Delbert Eckhart & Dorothy Miller
South Buffalo #1908
Louise Stewart
Ridgeview #1948
Glenn Townsend
Big Knob Grange #2008
Mary Lee Herdt
Madison #2064
Jane Busshaus



Pennsylvania Grange News Member Poll

Please take a moment to complete the following poll and either email or mail it to Heather Hiller (your Publisher) at: info@88dragon or PO Box 350, Montoursville, PA 17754. Thank you!
Please check all the boxes that apply to you.

Name & Contact Information: _____

- ☐ I would like advertising information
☐ I would like to submit a teaching article for the "Back To The Land" column
☐ I would like to submit editorial ideas
☐ I would like to submit my professional photography for consideration of use in the PA Grange News

Demographic Study:

What is your age: Teen _____ 20's _____ 30's _____ 40's _____ 50's _____ 60's _____ 70+ _____

Do you farm: Yes _____ No _____ Do you garden: Yes _____ No _____ Do you have pets Yes _____ No _____

Do you own livestock: Yes _____ No _____ If "Yes", what type of livestock: _____

Comments (Please use this space for making suggestions regarding future magazine issues, or for asking your publisher questions. Please include an email address if you'd like a reply): _____

Pennsylvania State Grange

Pennsylvania Grange News

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WHAT IS THE PA FARM LINK?

Pennsylvania Farm Link, is a 501c3 non-profit dedicated to
“Creating farming opportunities for the next generation.”

PFL accomplishes this mission through a land linking database which matches landowners with perspective entering farmers. Entering farmers are looking for land to establish their business; landowners are seeking someone to lease or purchase their farm and desire the land remain in farming. Through Pennsylvania Farm Link’s database, both goals may be met. This process positively impacts Pennsylvania Agriculture as well as economic and business and industry through out the Commonwealth.

PA FARM LINK FARM SUCCESSION WORKSHOPS **Register online at www.pafarmlink.org or call 717-705-2121**

*****Tuesday, January 24th, 2017: Lehigh County**

(Lehigh County Agricultural Center, 4184 Dorney Park Road, Allentown, PA 18104)

In partnership with The Seed Farm

Registration Fee includes break: \$10.00

Registration Due: January 17th, 2017

*****Thursday, March 23rd, 2017: Blair County**

(Morrison’s Cove Memorial Park, 201 South Walnut Street, Martinsburg, PA 16662)

Registration Fee includes break: \$15.00 for 2 or more from same farm, \$18.00 individual

Registration Due: March 16th, 2017.

Topics include: Business, Legal & Tax Implication of Succession Planning, Financial Challenges of Succession Planning, Communication Challenges of Succession Planning, and Farm Family Meetings and Farmer Panel.