



Maine State Grange Bulletin

*American Values.
Hometown Roots.*

Maine State Grange
146 State Street
Augusta Maine 04330

<http://MaineStateGrange.org>

SEPTEMBER 2024 ISSUE

The two words 'information' and 'communication' are often used interchangeably, but they signify quite different things. Information is giving out; communication is getting through.

Sydney J. Harris

Highlights for Secretaries to Read

In this section, we'll try to help secretaries by providing a short synopsis of each article.

Try just reading this highlights section during "communications" and offer the Bulletin to those interested in more information. "The Bulletin contains the following information..." Then, post on the Bulletin Board or make copies so members can read the sections of interest.

- **President's Perspective**— *End and Beginning of the Grange Year*
- **Agriculture Report**— *No Report*
- **Chaplain's View**— *Bountiful Harvest*
- **Communications Column**— *2023-24 Annual Report*
- **Community Service/FH&H Corner**— *Thanks, September/October Topics*
- **CWA Report**— *Contest Winners*
- **Educational Aid**— *No report.*
- **Fundraising Committee Report**— *No Report*
- **Junior Report**— *No Report*
- **Lecturer's Column**— *No Report*
- **Legislative Report**— *No report.*
- **Membership Moments**— *Increasing publicity and membership*
- **From the Secretary's Desk**— *No report.*
- **Youth Report**— *No report, position vacant.*
- **Exploring Traditions**—
- **View from the Farm**— *Pull Up a Stump*
- **Communication Shorts**— *Brief (short) items for our information and use*
- **But wait, there's more!** — *Items recently posted to the website.*
- **Conferences and Dates**— *A list of events and deadlines.*

The Maine State Grange Bulletin is published monthly by the Maine State Grange, 146 State Street, Augusta ME 04330

Walter Boomsma, Editor

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President's Perspective

By Sherry Harriman, MSG President/Master

The Deputy School will be held on November 2, 2024, at 10:00 a.m. at State HQ. We will cover ritual, floor-work, salutation, and other related Grange items.

Congratulations and welcome to all the Officers & Members, new and seasoned and I wish you all much success for the coming year. September is the time of new Grange year beginnings with installations, making plans for the coming year and setting goals. This is also the time for year-end wrap-ups such as your annual audit, reports to be submitted, (to your Grange, Pomona and State), and a time to evaluate last year's activities, events and goals, what was successful and what was lacking. There are very few Installation Teams or Installing Officers traveling, so I encourage each Grange to do their own Installation. There is an Alternative Installation Ceremony (half the words) in the new Manual which can be read with one or two people in charge and working with the members present. It is impressive to have it memorized however many people, like myself, cannot memorize charges any longer. By reading it with appropriate feeling and enunciation, it comes across very nicely. The original ceremony is also still in the manual if you are so inclined. We have manuals at the office for sale or get it on line from National Grange at



sales@nationalgrange.org.

Another reminder or nag, less than half of you have provided your 2025 Roster information. Even if there were no changes, a report or email needs to be sent. During the order of business, the Master asks, "Have the reports to the Pomona and State Granges been duly and promptly made?" This includes this and any request for information. If you are changing the time or day you meet, this is a By-Law change and is required to be voted on in a regular Grange meeting and approved by the State Master before it can officially take effect! Do we have a copy of your By-Laws at the office?

I am still working on getting the new database completed. I am typing in all the information for our 80 Granges, 2,200+, names, addresses and other information into a more user friendly format that can be accessed without internet. I have not heard anything at all from many Granges, **where are your lists?**

The National Grange and the Northeast Region will be holding a Covid-19 and Influenza free immunization clinic at the New England Grange Building at the Big-E Fair in Springfield, MA in September.

The Annual Maine State Grange is a month and a half away, October 18 & 19. Our National Representative will be Barbara Foster, Pomona of the National Grange and President of the West Virginia State Grange, long time Grange member and she is looking forward to being with us. Information about our guests can be found on our website under State Session along with other session information such as schedule and meal registration form.

Meal tickets are to be purchased in advance, form **and money** are due by Oct. 5.

Remember, if your Subordinate and/or Pomona Grange plans to or wants to have 2 voting delegates at State Session:

1. Your Grange **MUST** vote by name on the people to be delegates and alternates at a regular meeting prior to session. Two delegates **and** two alternates are to be selected.
2. Delegates must be members or affiliate members of your Grange. You may only represent the Subordinate or Pomona Grange where you are a member.
3. You may represent your Subordinate **and** Pomona Grange and have one vote for each.
4. You may **NOT** represent 2 Subordinate Granges or 2 Pomona Granges.
5. Register that person or persons using the Delegate form provided to your Secretary.
6. The form must be signed by the Master or Secretary of the Grange
7. Your Grange's quarterly dues must be paid up to date or brought with you to registration to be eligible to vote
8. You can't just show up expecting to vote on the resolutions, elections, or any other business without the proper paperwork being submitted. **NO** exceptions.
9. Anyone may attend the session just are not allowed to vote, but may participate in discussions. You may pick your program books for your Grange if there is not a delegate.

The National Grange annual session will be November in Bettendorf, Iowa hosted by the Mid-west Region of States. All are welcome to attend.

Chaplain's View

By Christine Herbert, MSG Chaplain

Bountiful Harvest

It is the time of year when we especially thank God for the bountiful harvest from our gardens and fields. We are grateful as our pantries and barns are filled with healthy provisions for the coming winter.

"And when ye reap the harvest of your land, thou shalt not wholly reap the corners of thy field, neither shall thou gather the gleanings of thy harvest. And thou shall not glean the vineyard, neither shall thou gather every grape of the vineyard; thou shall leave them for the poor and stranger: I am the Lord your God."

Leviticus: 19:9-10 KJV

"...and another angel came out of the temple, crying with a loud voice to him that sat on a cloud, Thrust in thy sickle, and reap: for the time is come for thee to reap; for the harvest of the earth is ripe."

Revelation: 14:15 KJV

I look forward to seeing you all at the Maine State Grange Session.



Communications Column

By Walter Boomsma, MSG Communications Director

2023-2024 Annual Report

The Communications and Website Annual Report is posted on the site. For this month's column, it seems appropriate to include a few important excerpts from it. I certainly encourage you to read the full report and welcome your comments and questions!

There have been 17,985 site views from September 1, 2023, through August 31, 2024—an average of nearly 1,500 monthly.



However, these visits do not include subscribers receiving the posts without visiting the site. While this represents a significant decrease from the previous year, the number of actual visitors hasn't changed much. One could rightly conclude that a similar number of visitors are viewing less pages and posts.

Considering the decline in Granges and Grange membership, the site is doing well. Some of that success can be attributed to the site design and content. The site is resource-rich and appeals to both members and non-members. The top pages visited are the information pages, such as the directory of Granges, program books, and information, etc. This year, the Grange Event Calendar received the third most visits.

During this past year, I have continued to add resource documents and tools to our collection of communication resources available on the site. There is value in our website.

Several significant accomplishments this year include:

- Added additional resources for Grangers including timely posts that seem to be of interest to Grangers on a variety of subjects.
- Completed interviews with media representatives and researchers. One example is a favorable feature article in the Bangor Daily News and Piscataquis Observer.
- Completed another significant purge of the website's oldest posts and images. This makes the site much more manageable and saves server space and remains an ongoing focus.
- Continued to work with an editorial calendar to ensure regular, consistent posting. This includes Grange Heirlooms and Why I Love the Grange.
- Continued to make "under the hood" improvements to the site.
- Continued posting of "special events" being sponsored or hosted by Granges. These events are also added to the MSG Calendar Page.
- Continued to facilitate an email service that allows information to be sent directly to officers, directors, and deputies on short notice.

Looking ahead to 2024-2025, some objectives include:

- Continue researching options for a site subscription. The current process is time-consuming, and more automation is needed.
- Continuing to keep communication positive, helpful, and engaging.
- Investigate the feasibility of sponsoring at least one virtual roundtable discussion. Due to time limitations, this was not achieved last year. I am upgrading my computer system and hope this becomes more feasible soon.
- Continue to research further connections between the MSG website and social media.
- Continue searching for resources, including additional guest columnists and regular topical information that can be reposted with attribution.

I believe the primary role of any state position or function is to support Subordinate and Pomona Granges and their members. But communication is not a "one-person job." Individuals, Community/Subordinate, and Pomona Granges can best support our communications efforts by providing positive news and information.

I will continue encouraging open communication throughout our Order and with the public. We must generate interest and excitement among our communities, prospective members, and ourselves.

Please let me know if there is anything I can do to help you and your Grange.

Thank you for your continued confidence and support.

- ▶ **FACT:** The events page on the website continues to be one of the most frequently visited pages on the site! Are you submitting your programs and events?

Community Service/FHH

By Brenda Dyer, MSG Director

As autumn approaches and a new Grange year begins, I would like to thank the Granges that submitted Community Service Books, Community Service Reports, Family Health & Hearing Reports, Police, Firefighter/EMT and Educator of the Year, and Maine State Grange Community Service Granger of the Year. Winners will be announced at the State Grange Session in October.

The Community Service and Family, Health & Hearing Program will be available at the Maine State Grange Session at the Community Service Table.

The Family, Health & Hearing suggested topics for September and October are:

September 2024

Classical Music Month

Chicken Month

Baby Safety Month

Self-Improvement Month

October 2024

Breast Cancer Awareness Month

Adopt a Shelter Dog Month
National Diabetes Month
Domestic Violence Month

Start your new books, reports, etc., for the upcoming year. Keep up the good work!

Thank you to all for the phone calls, cards, texts, food, and thoughtfulness to me and my family. Gloria (Mom) loved the Grange and what it stands for. Thank you!

CWA Report

By Margaret Henderson, CWA MSG Director

It sure seems like the leaves started changing colors early this year. Our CWA Conference went very well. I heard many positive comments.

We have two new members on our committee. Welcome, Judy Meserve and Kathy Ward. Kathy helped present a demonstration on mosaic art. We all got to make something. I think everyone enjoyed doing this. Thank you, Kathy. A big thank you to all of the ladies on the committee. I am so thankful for all that you do. You are all so helpful with everything from setting up to cleaning up.

Here is a list of the winners:

Baking: Blueberry Cake: Carl Moon

Class A: Afghans: Elmira Collins

Class B: Doilies: Grace Weste

Class C: Embroidery: Gail Butterfield

Class D: 3 Piece Baby Set: Nancy Gowen

Class E: Plastic Canvas: Elmira Collins

Class G: Adult Garments: Kathy Gowen

Class I: Quilted Wall Hanging: Jackie Morgan

Class J: Stuffed Toy: Ann Burns

Class K: Baby Afghan: Elmira Collins

Class L: Children's Garments: Laurie McBurnie

Class M: Table runners: Rachel Nelson

Class N: Miscellaneous: Rachel Nelson

Class O: Decorated Item: Sherri Applebees

Class P: Wooden Item: Phil Parsons - Juniors: Sebastian Nickerson

Class Q: Tote Bags: Kathy Gowen

Quilts

Class B: Machine Quilted: Rachel Nelson

Class D: Pieced by Entrant/Quilted by someone else:

Karen McCarrick

Class E: Baby Quilt: Elmira Collins

Best of Show: Kathy Gowen

The winning entries in Classes A-K were sent to Eastern States for judging in the New England area. All the entries were awesome! I hope that we will have more next year. Thank you to everyone who entered. I will look forward to seeing your entries next year. You all do amazing work.

Thank you to all of the Granges who have made contributions to Home for Little Wanderers, House in the Woods, and for the prize money for the contests. These donations are greatly appreciated.

Membership Moments



By Rick Grotton, MSG Membership Director

September and October are my favorite months of the year. The warm days and cool nights are refreshing and the colors of the changing foliage (also football games) are my favorites. State Grange session is almost upon us. This is also a great time for Autumn events at your Grange. Also, many of us spend much of our time at various agricultural fairs displaying our crops and handiwork to compete for that elusive blue ribbon and cash to fund our projects. Publicity runs high in these two months and we should be proud of our products out there for public view. Be proud of displaying your wares and be grateful for the admiration of others who enjoy the result of your hard work throughout the year. I have seen some beautiful displays, and they make me proud to be a Granger. Also, harvest suppers and "trunk or treat" Halloween gatherings are fun for the community and for ourselves. Keep up the good work, Brothers and Sisters!

Remember, adding new members is a top priority and should be a constant venture. Without water, we and other living things wither up and die; without new members, our Grangers do the same. Membership is our lifeblood, and we should constantly work to increase it. Does your Grange have a membership committee? If not, you should. No matter how small or large your membership is, adding new membership is always needed, just as the blood pumps through our veins and the sunlight helps our plants to grow.

Congratulations to those Granges who were recently mentioned for membership net gains this past year. Please have representation at the State Grange banquet where you will receive your recognition. Keep up the good work, and continue to bring in members!! How did you come about becoming a member? If you joined other than by family, you were recruited as was I. My life changed for the better immediately as I had a whole new family to meet and to create lasting friendships. Growing and learning were constant and I felt grateful for the changes that I endured (some beyond my control). Early on, I had not envisioned myself as a leader or a public speaker and especially as a State Grange Master (President). Think of your own experiences. Wouldn't you want others to feel like you do about Grange? The passion when speaking to others will certainly be noticed and felt by them. Encourage them to visit and invite them to events. Even ask them for their ideas about how to run a particular project or their opinions about an event. Make them

welcome and be open to their ideas. Positive energy yields positive results. So, get out there with a smile and a goal to bring in the new members! I hope to see you at the State Grange Session in October.

Exploring Traditions--Meandering Around the Grange Way of Life

By Walter Boomsma, Guest Columnist

Abandoned Traditions...

A tradition I haven't abandoned is keeping an eye and ear out for community service opportunities. I also have some appreciation for burial traditions, so it was quite natural that I jumped at the chance to join a restoration project undertaken by the Abbot Historical Society. Volunteers are meeting for a couple of hours each week to clean and restore the stones in Abbot's oldest cemetery. It's a fun project—one where you can immediately see the results of your work. It makes you think. It makes you feel good.



My first "assignment" included an almost illegible stone that read simply, "Baby." When I told my friend Jack what I'd done, he replied, "Everyone does their best to make life work... Keeping gravestones clean is a nice reminder of how the system works. Not a bad spiritual exercise."

I'm always a "flag holder straightener" and it didn't take long to notice there were many opportunities. While doing that, I noticed many short holders without flags. I didn't count, but in the section I was working in, there were a lot of them! A closer look revealed that they were all Grange flag holders! On the one hand, it wasn't a surprise. At one time, Abbot had a very active Grange (#329—right on the holder). The surprise was how many there were! Since these were custom-made with the Grange number, one might assume that Abbot Grange maintained a tradition of providing one whenever a member passed. I have tried to visualize blue Grange flags flying. Since this cemetery is right across from the town hall, on the main highway through town, what an amazing display it must have been.



Before and after. Interestingly, some markers show signs of silver paint, others green. The marker reads "Grange No 329" across the top and includes the sheaf, sickle, and "P of H" binding the sheaf.

Unfortunately, the tradition and Grange are gone. But at least part of it remains, and I've decided to "restore" every marker with some cleaning and painting. Like the stones, this is definitely a long-range project and "not a bad spiritual (and Grange) exercise."

I'm reminded of another Grange sign that must have existed for a while. Frankly, I'm still kicking myself for not buying this when I saw it. It was a slightly rusted green and white sign that probably was made to hang on a barn that declared Grange Membership. I don't recall the exact wording, but it was something like, "This is a Grange Farm."

In life and death, as the song proclaims, "It's a good thing to be a Granger." Traditions such as these served as a visual reminder of the Grange Way of Life.

Of course, traditions change. We could probably have an interesting discussion (lecturer's program?) about the burial customs. Tillers International (where I learned to communicate with oxen) is offering a workshop during which students will build their own caskets in anticipation of an environmentally friendly burial. Until needed, it serves as a bookcase.

If, as Jack suggests, "Everyone does their best to make life work," a reasonable question might be how the Grange supports that. Perhaps some of our traditions and ritual do so and maintaining them is "a nice reminder of how the system works." I have always valued our connection with the earth—the biggest system we live in.

We may abandon some of the Grange's traditional practices for many reasons, but we should do so thoughtfully and deliberately. A word that comes to mind is "legacy," defined as something handed down from the past. Flag holders and farm signs are simple reminders of our legacy. These flag holders are reminders of a time when everyone knew what the Grange was and what it was about. I know that painting and making them more visible isn't enough to preserve the memory and meaning, but it may trigger people's interest. Besides, it's not a bad spiritual exercise.

(Grange flag holders (slightly different) and flags are still available through the Monroe Classics Grange Store.)

Any degree or ritual quotations are from the forty-seventh edition of the 2023 Subordinate Grange Manual or the most recent edition of the Pomona Grange Manual. The views and opinions expressed in "Exploring Traditions" are those of the author and do not necessarily reflect the official doctrine and policy of the Grange. Information about the book "Exploring Traditions—Celebrating the Grange Way of Life" can be found on Amazon or by contacting the author.

"The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature."

-Joseph Campbell

View from the Farm

By Quill's End Farm's Endians

Pull up a stump

Bruce Springsteen's song *Glory Days*, though catchy, has always rubbed me a little sideways. As someone who lives in the present, it is hard for me to comprehend longing for the past.

However, I came to understand how that can be circumstantial. Every week for nearly a decade, on my way to Tuesday deliveries at the old grammar school in Deer Isle, I've dropped in on Garfield Eaton. He bought two gallons of milk for himself every week. Upon my arrival, Garfield would instruct me to "pull up a stump," and for 15 minutes, we'd talk, mostly about farming, always about how it used to be, and sometimes of what was to come.

An agriculturist by nature, he was suspicious of human institutions and painted a fair picture of the past he recalled and yearned for. He knew what he'd like to have, but also knew that time, his glory days, was past. His physical labor was what he'd had to offer, and he no longer was able.

Garfield suffered a "widow maker" heart attack when he was 42 years old and was on disability for the rest of his life, a life that he mostly lived alone.

I first met him through Ken Rose Farm in North Blue Hill in the early 2000s. Back then, he put his energy into homesteading. He kept a large garden. He kept hogs, sheep, hens, meat birds, and dairy cows. He met Kendall and Flossie Howard at Ken Rose to secure himself a fresh milk supply after he'd discontinued milking.

He was always spinning a yarn and dropping off extra produce back then—a five-gallon bucket of this or that for Flossie to can, rutabagas so big there were only a few in a full bucket. Kendall would say to (mid-fifties) Garfield, "Too bad I didn't meet you sooner... I could have made something out of you."

Garfield stopped crossing the bridge on a regular basis after 2010. Driving over 35 miles an hour didn't suit him. Kendall stopped milking before his death in 2013. When Garfield heard that Quill's End would deliver milk, he was sold. When we met, he found me a solid BS partner. Often, he'd start our conversations by asking, "What lies are we going to tell today, Phil?" Our weekly stump sitting became important to us both. I listened with new ears to tales of glory days.

The last few months found him nearing his end here, and I'd like to think he was prepared. As a curmudgeonly-hippie-native of Deer Isle, leaving the appropriate people pissed off was important. Leaving before the future he envisioned came to his Island was important. Leaving before he was "a waste of space" was important.

I pray you rest well, Garfield Eaton.



Editor's note: This column's format includes all of the Quill's Endians participating at various times and in various ways! This month's column is by Phil.

Heather and Phil Retberg and their three children run Quill's End Farm, a 105-acre property in Penobscot that they bought in 2004. They use rotational grazing on their fifteen open acres and are renovating thirty more acres from woods to pasture to increase grazing for their pigs, grass-fed cattle, lambs, laying hens, and goats. Heather is Vice President of Halcyon Grange #345 and writes a newsletter for their farm's buying club of farmers in her area and has generously permitted us to share some of their columns with Grangers. Visit the [Quill's End Farm Facebook Page](#) for more information.

Communication Shorts

A few short items of information and interest!

Castle Grange Information Available

The Castle Hill Grange Hall Preservation Society was formed in 1993 to save the Grange Hall in Castle Hill. We have now disbanded due to lack of funds and membership. We have some papers from Grange #260, which disbanded in 1976(?). If you would like any of these papers and certificates, you can contact me by email: SheenaMcHatten

More State Session Information Available on MSG Site

There is an information packet available on the MSG website that includes the reservation form for the banquet and ag luncheon. We'll be adding annual reports as they become available... check it out! We recently added last year's Journal of Proceedings.

Ideas for Granges

Think about "rebranding" your potluck into a community event. Encourage residents to meet and greet each other and build the community. Welcome children so it's a family event. Request participants bring food, hot or cold, to share. Make available bottled water, paper goods, cups, tables, games, and music. Include activities like face painting, corn hole, drawing, and dancing

Thought for you:

"Doing things is not the same as getting things done." –Jared Silver

Submit News! Be "famous!"

Submitting news can be as simple as a photo and "cutline." A cutline is a brief description--longer than a caption--to accompany the photo. Let's prove that the Grange is alive and well in Maine! (Photos should be submitted as an attachment to an email.) We get inquiries from people looking for active Granges!

But Wait! There's More!

Here are some posts you may have missed.

- Grange Today! 9-13-2024
- Getting Grounded
- National Suicide Prevention Month
- National Grange Vaccinations at Big E
- Grange Heirloom September 2004
- New Ventures Maine
- Julie Loves the Grange!
- Welcome, New Members!
- Valley Grange Wants PB&J
- Notes from National
- Highland Lake Grange Honors Farrell
- September Events
- Grange Today! 8-23-2024
- Ocean View Grange Serves
- Victor Grange Anniversary Celebration
- Heating Assistance Program Opens
- Obsolete Pesticide Collection
- Saco Grange 150th Anniversary Celebration
- Saco Grange Backpack Drive

Grange Events

Please note that events scheduled in advance are always subject to change. Sorry, but space does not permit us to include regular local meetings, but we do include local Grange Special Events. Additional information is usually available on the MSG website.

October 2024

- **October 3, 2024, Piscataquis Pomona Meeting at Valley Grange Hall.** Contact Bill Bemis FMI.
- **October 4, 2024, Trenton Grange Farmers Market,** 3 pm – 6 pm. 1134 Bar Harbor Road in Trenton. Vendors contact Beth Warner at 207 664-4164 or zeppa@aol.com. Free admission. (Vendor/booth fee).
- **October 4, 2024, Community Potluck Supper** at Trenton Grange, 5:00 p.m. – 7:00 p.m., 1134 Bar Harbor Road in Trenton. For more information, [see this post](#) or visit the [Trenton Grange Website](#).
- **October 5-6, 2024, Community Bazaar** (crafts, farmers' market, yard sale...) at Trenton Grange from 9 am until 2 pm both days. For more information, [see this post](#) or visit the [Trenton Grange Website](#).
- **October 10, 2024, Blood Drive at Harraseeket Grange** in Freeport, 12 – 5 pm.
- **October 11, 2024, Trenton Grange Farmers Market,** 3 pm – 6 pm. 1134 Bar Harbor Road in Trenton. Vendors contact Beth Warner at 207 664-4164 or zeppa@aol.com. Free admission. (Vendor/booth fee).
- **October 12, 2024, St George Grange Community Supper** at 5 pm. Adults \$10, Children \$5, under 10 free. For more information [see this post](#).
- **October 14, 2024, Deadline for the MSG Bulletin**
- **October 18, 2024, Senior Circle at Victor Grange** in Fairfield. Potluck lunch at 11 am for Seniors to get together with others for socializing, networking and a game or two. Held the 3rd Friday monthly. FMI Deb 207-453-4844 or Sherri 207-815-0615. No charge.
- **October 18, 2024, Mystic Valley Grange Rummage and Bake Sale,** 9 am until 12 noon. Mystic Valley Grange is located at Route 17 and US Route 2 in East Dixfield. FMI Nancy Farrington 207 623-0395.
- **October 18-19, 2024, Maine State Grange Annual Convention**
- **October 26, 2024 Wayside Grange Concert** featuring Half Moon Jug Band. Doors open at 6:30 pm. More information at [Wayside Grange & Theatre Facebook Page](#).

November 2024

- **November 1, 2024, Community Potluck Supper at Trenton Grange,** 5:00 p.m. – 7:00 p.m., 1134 Bar Harbor Road in Trenton. For more information, [see this post](#) or visit the [Trenton Grange Website](#).
- **November 2, 2024, Saco Grange 150th Anniversary Celebration.** Pie, History, and Music starting at 5 pm. [See this post for more information.](#)
- **November 2, 2024, Deputy School** at Maine State Grange Headquarters starts at 10:00 am. Contact Master Sherry FMI.
- **November 2-3, 2024, Community Bazaar** (crafts, farmers' market, yard sale...) at Trenton Grange from 9 am until 2 pm both days. For more information, [see this post](#) or visit the [Trenton Grange Website](#).
- **November 12-16, 2024, 158th National Grange Convention** in Bettendorf, IA.
- **November 14, 2024, Deadline for the MSG Bulletin**
- **November 16, 2024, Senior Circle at Victor Grange** in Fairfield. Potluck lunch at 11 am for Seniors to get together with others for socializing, networking and a game or two. Held the 3rd Friday monthly. FMI Deb 207-453-4844 or Sherri 207-815-0615. No Charge.

December 2024

- **December 6, 2024, Community Potluck Supper at Trenton Grange,** 5:00 p.m. – 7:00 p.m., 1134 Bar Harbor Road in Trenton. For more

information, [see this post](#) or visit the [Trenton Grange Website](#).

- **December 7-8, 2024, Community Bazaar** (crafts, farmers' market, yard sale...) at Trenton Grange from 9 am until 2 pm both days. For more information, [see this post](#) or visit the [Trenton Grange Website](#).
- **December 14, 2024, Deadline for the MSG Bulletin**
- **December 20, 2024, Senior Circle at Victor Grange** in Fairfield. Potluck lunch at 11 am for Seniors to get together with others for socializing, networking and a game or two. Held the 3rd Friday monthly. FMI Deb 207-453-4844 or Sherri 207-815-0615. No Charge.
- **December 21-22, 2024, Community Bazaar** (crafts, farmers' market, yard sale...) at Trenton Grange from 9 am until 2 pm both days. For more information, [see this post](#) or visit the [Trenton Grange Website](#).

All letters or articles submitted for publication must have contents relating to the Grange and may be edited for length and grammar. Our complete editorial policy is available on the Maine State Grange website.

PLEASE POST A COPY OF THE BULLETIN TO YOUR GRANGE'S BULLETIN BOARD

Bonus Article – Getting Grounded

By Walter Boomsma

September is Suicide Prevention Month. As many know, I am a big promoter of preventing suicide.¹ Our approach to preventing suicide seems to be one of waiting until a crisis develops. I have long suspected that suicidal tendencies develop pretty early on, and we would be better served to take preventative steps before we reach the crisis point.

Thanks to the media, we're not only becoming more aware of the issue of suicide—we are also being confronted with examples of mental health issues. COVID certainly contributed. We are easily overwhelmed by the complexity and intensity. In February 2021, 37.5% of adults in Maine reported symptoms of anxiety and depression.²

At one of the mental health workshops I attended some years ago, the instructor asked us to share how we “centered” or grounded ourselves. It was interesting that he gave us some time to think before answering, suggesting that we may not be immediately aware of it. In non-clinical terms, some refer to it as “going to my happy place.”

Life can easily throw us off balance. If we catch our balance soon enough, we can avoid unintentionally going somewhere (mentally and emotionally) that isn't helpful. Mental hygiene prevents mental health issues that can lead to suicide. But it's not just about preventing suicide. It's about living fully and happily.

“Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.”
Carl Jung



¹ I am a Certified NAMI Mental Health First Aid Responder, a teacher of Suicide Prevention Workshops, and an instructor in Beal University's Addiction Counseling Program. Additional mental health resources are available on my [Brain Leaks and Musings website](#).

² State of Maine Mental Health Fact Sheet - <https://namimaine.org/wp-content/uploads/2023/05/MaineStateFactSheet-6.pdf>