



WASHINGTON-YAMHILL POMONA

THE YEAR OF EMPOWERMENT

SAY THIS WITH ME

MY CURRENT
SITUATION
IS NOT MY FINAL
DESTINATION



**NEVER FORGET
WHERE YOU
CAME FROM
AND NEVER
TAKE YOUR
EYES OFF
WHERE
YOU'RE
HEADING.**

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Like many I have a few newscasters that I choose to listen to. One of the newscasters I enjoy listening to is from the Seattle area. He has his wife in the background who will throw her 2 cents in once in a while. Together I find them a nice little team.

One night this newscaster was talking about working outside in his garden and being bitten by bugs. He was showing how his arm was red and the bites not healing. He then went on to tell us about the coffee he drinks. They investigated the contents of different coffee brands and found a brand that did not contain a lot of additives. They also went on a diet. In the end, the story was summed up by what they were eating. By looking at the labels and understanding what is listed in the ingredients and avoiding the bad, he was showing how his bug bites had started to heal.

In a nutshell, you are what you eat and a product of your environment. Albeit, not everyone has control of their environment and what they eat.

So how does one empower themselves?

Good question!

Together, let us explore some avenues and see if any of them can help.

In this newsletter we will explore some resources, a little history and current affairs. Perhaps just one little change can make a difference and you are taking your first step forward.

2022

POMONA MEETINGS

10:00AM

Lunch \$5.00

*July 16, 2022

Fernwood Grange #770
216 N Springbrook Road
Newberg, Oregon

*October 15, 2022

Forest Grove Grange #282
1917 B Street
Forest Grove, Oregon

*January 21, 2023

Kinton Grange #562
9015 SW Scholls Ferry Rd
Beaverton, Oregon

I don't want to be a product of my environment. I want my environment to be a product of me.

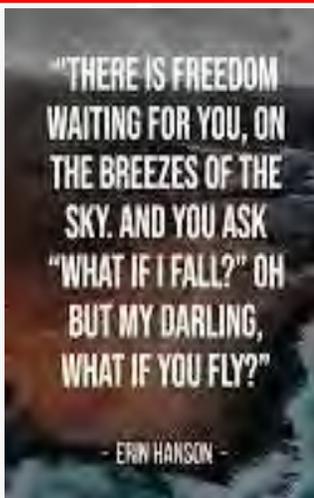
Jack Nicholson



Veterans' Asbestos Exposure

While asbestos use in the U.S. military dropped after the Vietnam era, the use of asbestos in Iraq and Afghanistan continues with this low-cost building material. The unregulated use of asbestos in many buildings and products in the Middle East and Southeast Asia poses long-term health risks to U.S. military members. If you are a Veteran who served in Iraq or other countries in the Middle East and Southeast Asia, you may have had contact with asbestos when old building got damaged, releasing toxic chemicals into the air. Or, you may have had contact with asbestos if you worked in certain job or settings, like shipyards, construction, or vehicle repair. Find out if you can get disability compensation or benefits for illnesses believe to be caused by asbestos.

Breathing in asbestosis mainly causes problems in the lungs and the membrane that surrounds the lungs, including asbestosis, pleural plaques, and certain cancers. If you worked in certain jobs in the military with certain products, talk to your doctor about getting tested for illnesses that affect your lungs. Get tested if you worked in mining, milling, shipyards, construction, carpentry, or demolition. Get tested if you've made or worked with products like flowing, roofing, cement sheet, pipes, insulation or clutch facings and brake linings.



You may be eligible for VA disability benefits if you have an illness believed to be caused by contact with asbestos. Contact Washington County Disability, Aging and Veteran Services for help with filing a disability compensation claim for health problems that you believe are related to exposure to asbestos during your military service.

503-846-3060 and press 2 for scheduling or [mailto:HHSDAVSinfo@co.washington.or.us?subject=Veteran Benefits](mailto:HHSDAVSinfo@co.washington.or.us?subject=Veteran%20Benefits)

Submitted by:
Wendy Socha | Program Specialist, Veteran Services



THE PEOPLE YOU SURROUND YOURSELF WITH, ARE LIKE YOUR PLANETS. ORBIT WISELY.

- RACHEL WOLCHIN

Continued from page 1

THE YEAR OF EMPOWERMENT

Take care to understand not only the ingredients of what you put in your mouth, but also what you see, hear and interact with. Not everything comes with a warning label and it is up to us to understand our environment.

At the end of the day, remember, you are not alone in the daily struggles of trying to make sense of an upside-down world. *Hopefully it helps knowing you are not alone.*



2022 Dates to Remember
Memorial Day: Monday, May 30
Flag Day: Tuesday, June 14
Fourth of July: Monday, July 4



In Short:

On September 14, 1814, Francis Scott Key pens a poem which is later set to music and in 1931 becomes America's national anthem, "The Star-Spangled Banner." The poem, originally titled "Defence of Fort McHenry," was written after Key witnessed the Maryland fort being bombarded by the British during the War of 1812. The soldiers at the fort gave their ultimate sacrifice defending our flag.

If you are not able to watch the you tube links, there are many writers who have studied and written about the subject.

It is amazing what you come across when you go looking for something.

On this page you will find a link to the history of "The Star Spangle Banner":

<https://www.youtube.com/watch?v=YaxGNQE5ZLA>

Singing of the Star Spangle Banner:

<https://www.youtube.com/watch?v=AdyijROTaOw>

To a young man singing the Star Spangle Banner:

<https://www.youtube.com/watch?v=txSuj0GJT90>



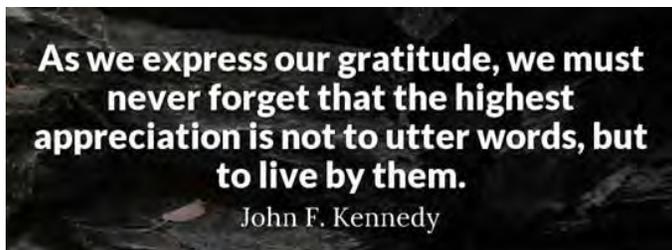
Reading suggestions
"FROM SEA TO SHINING SEA"
By: James Alexander Thom

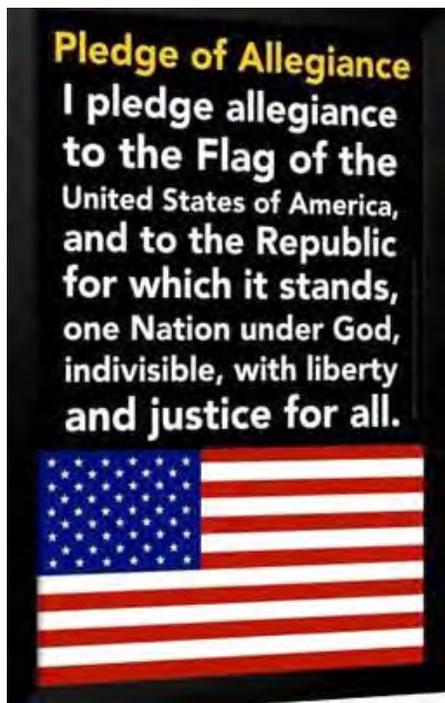
& a veteran homeschool mom of 8 and music teacher of over 25 years:

<https://musicinourhomeschool.com/music-and-poetry-free-lesson-on-the-star-spangled-banner-with-copywork/>

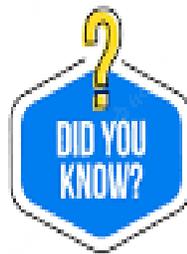
See page 4 for history of
"Pledge of Allegiance."

May this page inspire and give a whole new meaning of what it means to be

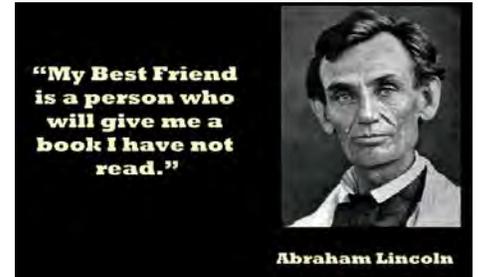




The first product to have a barcode was Wrigley's gum.



From McMinnville Grange, Master Wayne Clemmer, gave a report of a cross imposed upon the landscape, in Washington, D.C. The design of a cross is made with the White House to the north, the Jefferson Memorial is to the south, the Capitol to the east and the Lincoln Memorial to the west. *May not be quoted with exactly what was said, but you get the idea.*



Linda Dorland. Master of Washington Grange, reported on the history of the "Pledge of Allegiance."

Although this is not word for word on her report, I wanted to share the information and a link to kick start that inquisitive mind. **WHY, HOW & WHEN?**

Copied from: https://en.wikipedia.org/wiki/Pledge_of_Allegiance

"Pledge of Allegiance" was first published in the September 8 1892 issue of *The Youth's Companion* as part of the National Public-School Celebration of Columbus Day, a celebration of the 400th anniversary of Christopher Columbus' arrival in the Americas.

The Pledge was first used in public schools on October 12, 1892.

Bellamy noted that "in later years the words 'to my flag' were changed to 'to the flag of the United States of America' and he did not approve of the change.

In 1906, The Daughters of the American Revolution's magazine, *The American Monthly*, changed a few words to the pledge of allegiance, based on Balch's Pledge.

In 1923, the National Flag Conference called for the words "my Flag" to be changed to "the Flag of the United States."

The words "of America" were added a year later. Congress officially recognized the Pledge for the first time, in the following form, on June 22, 1942.

Louis Albert Bowman, an attorney from Illinois, was the first to suggest the addition of "under God" to the pledge.

In 1951, the Knights of Columbus, also began including the words "under God" in the Pledge of Allegiance.

On February 8, 1954, Rep. Charles Oakman (R-Mich), introduced a bill to that effect. Congress passed the necessary legislation and Eisenhower signed the bill into law on Flag Day, June 14, 1954. Eisenhower said:

"From this day forward, the millions of our school children will daily proclaim in every city and town, every village and rural school house, the dedication of our nation and our people to the Almighty. In this way we are reaffirming the transcendence of religious faith in America's heritage and future; in this way we shall constantly strengthen those spiritual weapons which forever will be our country's most powerful resource, in peace or in war".

The phrase "under God" was incorporated into the Pledge of Allegiance on June 14, 1954, by a Joint Resolution of Congress amending § 4 of the Flag Code enacted in 1942.

STANDING COMMITTEES



Above photo -Grandpa's place. Taken by Robert Templeton of Washington Grange. April 11, 2022. Mile west of Germantown on NW Skyline Blvd.

Some highlights of "Standing Committees" are sprinkled throughout the newsletter.

Agriculture: Joe Duyck reported on the damage the recent cold temperatures and hail did to the berry and grape crops. Some lost 50% of their vineyard. Late blooming fruit trees should be OK.

GWA: Margaret Clute urged all to enter contests. See page 10 for GWA history & links.

Youth: Kiri Schnetsky has "aged out of youth," and she decided she would not be able to be the Youth Chairman. Therefore, Sam Ketor the worthy Master has asked Riley Reynolds to be our Youth Chair.



**YOU'RE NEVER
TOO OLD TO
GO TO**

Regional Leaders Conferences

Eugene, Oregon - August 5 - 7, 2022

Regional conferences will be held in 5 regions across the United States. The regional conferences are open to all Grange Members and those interested in the Grange. Conferences will be full of workshops and hands on training for members to take home and utilize in their own states and communities. For more information follow the link:

<https://www.nationalgrange.org/regional-youth-conferences/>

AROUND THE NEIGHBORHOOD

**Washington - Yamhill Pomona Grange
April 16, 2022**

Hillsboro Grange #73 - No one from Hillsboro was present and very little was known about how that Grange is doing.

Tigard Grange # 148 - Julie Schnetzky reported that they have not met in person due to conflicts with returning renters. Tigard received a certificate from the State Grange for having a membership gain. They now have 36 members. Their free food distribution program is very popular. The Grange now has two St. Pauly sheds sitting on their property. ODT is buying five feet from the front of their hall, which means that their flowering cherry trees may have to be removed. Let them know if you want a tree or two. The red food truck parked at Tigard Grange will resume operation in May. To learn more about Tigard Grange and the community programs see:

<https://www.tigardgrange.com/index.html>

Winona Grange #271 – Marilyn Reiher reported that their last two meetings were in person. Four members attended the Grange Growth Summit held at Sunnyside Grange. They received an email from the Washington County Assessment and Taxation office. Hopefully Marilyn's reply will maintain their property's tax exemption. Marilyn distributed flyers and invited all to attend their History, Seeds & Scoops celebration on April 30. This is their 125th (now 127th) anniversary observation; several descendants of Winona's first officers plan to attend. To learn more of what is happening at Winona Grange and stay up to date on their seed program see:

<http://winonagrang271.org/>

Continue on page 6

AROUND THE NEIGHBORHOOD

Forest Grove Grange #282 – Master Joe Duyck reported that they fixed the outside lighting so that it's on from dusk to dawn. They distributed 700 dictionaries to teachers because they were not allowed into schools. Their Goat Bingo and Ice Cream Social is scheduled for August 13th.

Washington Grange #313 - Master Linda reported that Margie Belnap is having knee surgery on the 25th. Their inventory sale was successful. They're next meeting will be April 30th because the North Plains city-wide garage sale is the first Friday and Saturday of May. All their meetings have been in person

Scholls Grange # 338 - Toniann reported that they have been meeting in person for several months. They delivered 70 dictionaries. Their February Craft Fair was very successful. They now have a vendor waiting list. Last weekend they had back-to-back rentals. On April 30th they will present Katherine Luttrell with her 50-year pin. Katherine's son Ed is coming.

Leedy Grange #339 – Master Michael Parent reported that seniors from the Elsie Stuhr Center continue to meet in their hall on Tuesdays. Since the Bales store is being converted into a Target, they have gotten more rentals. They are referring to the big red trailer parked out front in their posts. Leedy Secretary Cynthia Hively reported that they are planning an art show with proceeds going to a homeless youth program. They have been meeting via Zoom and will soon transition to hybrid meetings. Leedy Grange Web Page: <https://www.grange.org/leedyor339/>

Kinton Grange #562 - No one was present to report on Kinton. Kinton Web Page: <http://www.kintongrango.org/>

Aloha Grange # 773 - Mike Duyck reported that their hall is heavily rented. They were able to pay \$10,000 on their loan from the State Grange. At Christmas Aloha Grange adopted a pregnant PSU student, providing everything she and the baby will need. The total value of their donation was \$2,000. Individual members and renters donated as well as the Grange. They have met in person for the last three months.

Aloha Grange Web Page: <https://www.grange.org/alohaor773/rental/>

Dixie Mountain Grange #860 – No one present. Other than it had a lot of snow early in the week.

*The world
is too big
to tell
just one story.*

YAMHILL COUNTY

McMinnville Grange #31- Master Wayne Clemmer showed their framed Honor Grange awards. They have five new members, making a total of 75. Their hall is rented daily. Wayne thanked the team that installed some of their officers. On July 2nd they will hold an Old Time Fiddlers contest and BBQ. They have a mailing list of 100, a large following on Facebook, plan to have a website by the end of 2022, and he submitted three articles to the Oregon State Grange Bulletin.

Fernwood Grange #770 – Pomona Master Sam reported that he was able to hear speakers upstairs during a meeting because they have installed new windows and insulated the walls.



Did you hear about the race between the lettuce and the tomato?

-- The lettuce was a "head" and the tomato was trying to "ketchup"!

GOOD OF THE ORDER MEETINGS

10:00AM

Light refreshments compliments of
Hosting Grange

*May 21, 2022

Fernwood Grange #770
216 N Springbrook Rd
Newberg, Oregon

*September 17, 2022

Forest Grove Grange #282
1917 B St
Forest Grove, Oregon

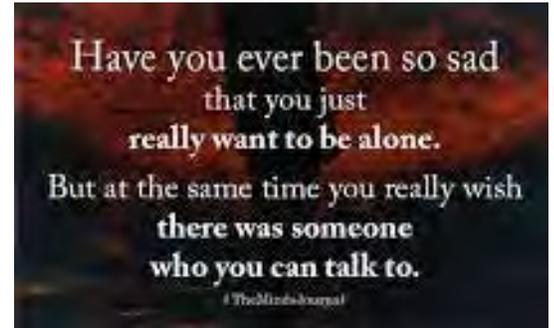
Standing Committees

Cont, From Page 6



Deaf Awareness & Family Health: Theresa Thorud reported that Oregon was number 10 but is now 13 in the Nation for suicide. The Oregon Health Authority is seeking public comment on topics such as using mushrooms as treatment for mental illnesses. Julie Schnetzky added that her employer, Edward Jones, is addressing clients with hearing loss who often do not seek information or advice. *More about Edward Jones for the hearing impaired in our next issue.*

EVEN THE NICEST PEOPLE HAVE THEIR LIMITS.



Community Service: Theresa noted that Winona Grange submitted their annual report. She had Encouragement Cards from Project Never Again for foster kids and urged members to sign them during lunch. Toniann Perry added that she has fostered kids and fully supports this program.

Education: Linda Dorland reported that students are more disturbed because of uncertainty. Freshmen are behaving like 7th graders. Virtual learning and too much TV have affected their socialization. School board recall elections did not recall any. Oregon's 17 community colleges experienced a 40% drop in enrollment. In fact, only OSU had an increase

Veterans: Jim Clute reported that veteran suicides continue to climb, the U.S. now has 50,000 troops in Europe, and the Ukrainians sank a Russian flag ship

RESOURCES:

24/7 Suicide Prevention National Lifeline number: 1-800-273-8255

24/7 Spanish Lifeline: 1-888-628-9454

24/7 Crisis Text Line: Text "OREGON" to 741741

24/7 Crisis Line for Veterans: 1-800-273-8255 and Press "1" or text 838255

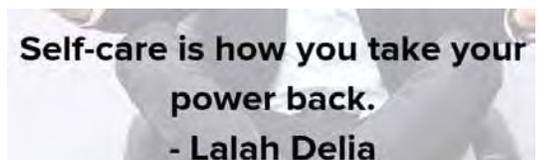
Senior Loneliness Line: 503-200-1633 or org

YouthLine for teen-to-teen crisis help. A phone line and a texting support line are offered through Lines for Life. Trained teens respond from 4 to 10 p.m.

Monday through Friday Adults are also available 24/7.

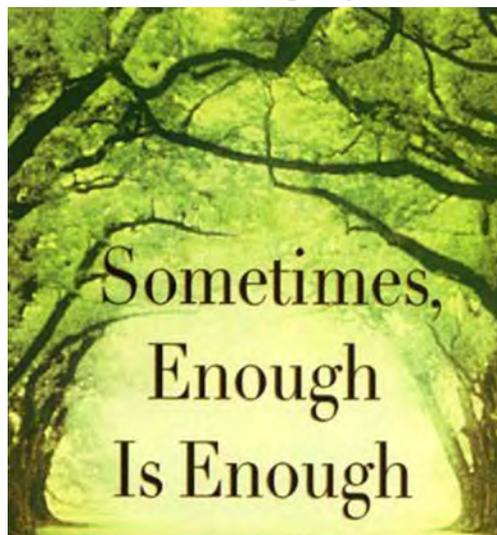
Call 1-877-968-8491

Text teen2teen to 839863



Not everything that is faced
can be changed,
but nothing can be changed
until it is faced.

James Baldwin



**THANK YOU
LEEDY GRANGE
FOR HOSTING POMONA**



**GRANGER OF THE YEAR AWARD
GOES TO:
PEGGY IVY
WASHINGTON GRANGE #313**

Above Photo: Master, Sam Keator & Peggy Ivy



**Master, Michael Parent
Middle: Bob Clarke &
Cynthia Hively to the right**

Standing Committe Continue

Membership: Peggy Ivy reported that she is still talking about the Grange to young people during work and shopping. She offered to send postcards to 5th degree members who don't have email. She recommends using Nextdoor to advertise events.

Junior Art Contest

Congratulations to Keyanna Allison, granddaughter of JoAnn Vineyard of Scholls, and Owen Ruvalcaba, grandson of Connie Stauffer of Winona.
Shout Out to all Juniors - Next contest is fall colors, Same rules and will be judged at the October Pomona meeting. Details 3rd quarter newsletter. .

When you're in the backseat
desperately trying to be part of the
front seat conversation





left: Beaverton Grange GWA picnic at Rice's farm in Hebo , August 1954
Above: Lap Robes for the VA hospital – Beaverton Grange



Old is New again
Taken from December 2012
Leedy Grange Newsletter
Page 11 & 12

GWA

GWA Story taken from: Leedy Grange November 2012

GWA stands for “Grange Women’s Association.” Any way you slice it - this little unit of the Grange has had a stake in Grange history. Better put, the Grange is a better organization because of the women of the Grange.

Few may realize that the Grange was about the only fraternal to allow women into the meeting hall and have full membership in a fraternal order. Most fraternal of the time were male dominated and tolerated a women’s auxiliary, but never the right to sit in a meeting, give vote or take office. One fraternal I know of allowed an auxiliary with the men in power but the male fraternal was in no way responsible for the auxiliary’s expenses. Imagine someone with total control of your decision making and you are responsible for any expenses incurred.

The good news is the Grange from the very start began as a family fraternal allowing women and adult children into full membership; but at the time it was not without its critics. Some went as far as to threaten to drop their membership should the Grange continue to allow women in the Order. Hindsight, it was to the benefit of the Order and recognized as such by many of the founders.

The Grange as we all know is famous for its many “Special Committees” and the history behind this little “GWA” committee is well worth mention. Its roots go back to the 1888 National Grange meeting held in Topeka, Kansas, when Mrs. Addie S. Hale brought to the convention a resolution requesting a standing committee on “Woman’s Work in the Grange.” Mrs. Hale was appointed chairman and went right to work. A highlight of one of her most memorable accomplishments was her campaign for the adoption of a national flower and the suggestion of each state to adopt their own flower as well. (1)

The women’s committee faded in and out until about 1910 when the National Grange approved a resolution for a permanent committee on “Home Economics.” You may at times; while reading the old minute books, find a reference to H.E.C. which stands for Home Economics Committee. H.E.C. eventually evolved into GWA. (Today, 2022, GWA stands for Grange Workers Activities)

I encourage you to take a look at this often over looked committee. It has done so much to make our Order a stronger unit and yet often over looked.

(1) Gardner, Charles, “The Grange - Friend of the Farmer 1867-1947, pages 202- 205

For contest and scholarship information please see: <http://orgrange.org/grange-workers-activities/>



Photo to the Left:

Harvey Wiley, shown standing in the background, ate with the members of his "Poison Squad" when he could to offer encouragement and support



PURE FOOD & DRUGS ACT

OUR STORY BEGINS WITH A FIVE-YEAR HUMAN FEEDING EXPERIMENT THAT TOOK PLACE IN THE BASEMENT OF THE AGRICULTURE DEPARTMENT'S FORMER BUREAU OF CHEMISTRY

complete with kitchen and dining room. The project was lead by chief chemist Harvey Wiley. His goal was to find answers to the effects of food additives. The preservatives studied: borax, salicylic acid, sulfuric acid, sodium benzoate and formaldehyde. The subjects of the experiment soon became widely known as the "Poison Squad." These willing dinners volunteered to not eat or drink anything not prepared by the scientists in charge of the experiment. "Post" reporter George Rothwell Brown chronicled the "Poison Squad" as they ate their way into history. Gaining National attention the "Poison Squad" raised public awareness of a risky food supply.

In 1904, Fred Warren, the managing editor of "The Appeal to Reason" asked Upton Sinclair to write about immigrant workers in the meat packing houses of Chicago. This assignment eventually lead to a novel titled "The Jungle" written by Mr. Sinclair. One reader, President Theodore Roosevelt was sicken by what he read.

What we were eating was gaining attention. There needed to be safe guards and Congress was slow to act. President Roosevelt was concerned and gained public support forcing Congress to act. On June 30, 1906, President Roosevelt signed the Pure Food and Drug Act into law.

Basically the law requested the removal of harmful and misrepresented foods and drugs from the market, in addition to regulating the manufacture and sale of drugs and food involved in interstate trade.

Crusading Chemist

PHOTO TO THE RIGHT

IMAGINE HAVING THEM AS YOUR PERSONAL CHEF

CHRISTMAS AT THE WILEY BOARDING HOUSE
WASHINGTON POST
DECEMBER 23, 1902

Apple Sauce.
Borax.
Soup.
Borax. Turkey. Borax.
Borax.
Canned String Beans.
Sweet Potatoes. White Potatoes.
Turnips.
Borax.
Chipped Beef. Cream Gravy.
Cranberry Sauce. Celery. Pickles.
Rice Pudding.
Milk. Bread and Butter. Tea Coffee
A little Borax.

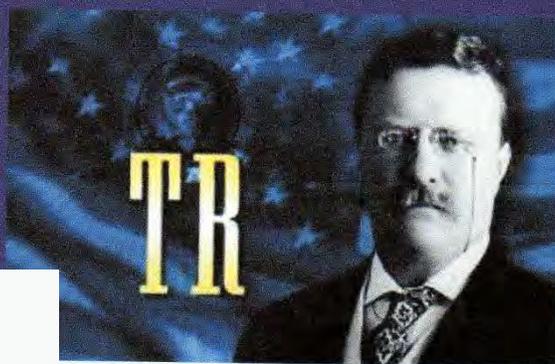


Did you know?

Caffeine replaced cocaine as the active ingredient in Coca-Cola in 1903

We are not out of the kitchen yet!

Recently, I found an article titled *"Nasty Chemicals That Could Cause Weight Gain."* The list of ingredients excluded Atrazine, Bisphenol-A (BPA), Mercury, Triclosan, Phthalates and Tributyltin.



So what's for dinner?



Our roasted beef, pork or chicken comes complete with antibiotic (29 million pounds are given to animals each year), salt, nitrites, nitrates of sodium and potassium.

Our genetically modified organisms (GMO) that grace the dinner plate with color, beauty & style comes complete with atrazine (if you are eating corn) and tributyltin.

All this can be washed down by filtered water from a bisphenol-A (BPA) container.

For desert, chocolate preserved with propionic acid.

Who's the "Poison Squad" now?

Did you know?

45 million was spent to defeat proposition 37 in California's fight for GMO labeling.

29 million pounds of antibiotics used each year in animals. Most of that is used in our feed stock.

According to the EPA, "Ag 101, Land Use Overview" January 2004, 3,000 acres of productive U. S. farmland is lost to development every day.

Between 1974 and 2002, the number of corporate-owned U. S. farms increased by more than 46%, according to the "2002 Census of Agriculture", USDA 2002.

Between 2005 and 2006, the US lost 8,900 farms, a little more than 1 farm per hour,

according to "Farms, Land in Farms and Livestock Operations" USDA 2007.

Stats

Take it or leave it, but when you find the food on your table is causing sustainable farming a thing of the past, family farms going out of operation. A sicken environment from chemicals, pesticides, noxious fumes, ex-

cess manure, over use of antibiotics, and there is no telling what genetically modified organisms (GMO) is doing to our bodies. Remember this

Leedy Grange sent to State Grange this year:

A resolution to make affordable coverage for the small farmer

A resolution to discontinue the use of antibiotics

& in California the Grange lobbied for GMO labeling -

Is the Grange really a thing of the past?



Michael R. Taylor, the former Vice President for Public Policy at Monsanto will now serve as senior advisor to the FDA head.

Huffington Post



QUILT RAFFLE

TO GET TICKETS PLEASE SEE A POMONA MEMBER.
[HTTPS://WWW.GRANGE.ORG/WASHINGTONYAMHILLOR2/](https://www.grange.org/washingtonyamhillor2/)
 OFFICERS-2019-2020/
 MORE DETAILS IN OUR NEXT ISSUE



You can be cut from the same cloth and still make different garments



How do you make a tissue dance?
 A: Put a little boogey in it!



*Why did the boy sprinkle sugar on his pillow before he went to sleep?
 - So he could have sweet dreams.*