

The official publication of the NC State Grange

January/February 2016

# GRANGE NEWS



LITTLEBERRY FARM: FARM OF THE YEAR



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# FARM OF THE YEAR LITTLEBERRY FARM

## State Officers

President	Jimmy Gentry
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Legislative Director	Laurie Barnhart
Youth/Young Adult Director	Jennie Gentry
Junior Director	Emily Hartsell
Community Service Director	Joyce Clodfelter
Publications Director	Jessica Horton

## Events

Winter Youth Conference	
February 12-14	
Family Conference	
March 11-13	
South Eastern Regional Conference	
TBD	
Grange Camp	
July 10-16	
State Convention	
September 15-18	
National Convention	
November 15-19	

Cover: Harvey Barringer, Jr



Did you join the Grange for typical member benefits such as discount programs? It is not likely that you joined for this reason. But, there are some nice member benefits offered through the organization that might be helpful. I thought I would use this column to remind our members of a few of the many benefits that are offered either through the State Grange or National Grange.

One of the better benefits that I have used is hotel savings.

The National Grange has benefits with both Choice and Wyndham Hotels. Choice Hotels include such brands as Comfort Inn, Comfort Suites, Sleep Inn, Clarion and others. Wyndham includes Wingate, Wyndham, Ramada Inn, Hawthorne Suites, Microtel and others. If you make your reservations online using the Grange discount codes, you can save quite a bit. The codes are available through the National Grange website, or you can contact our office.

Just this month the National Grange announced a new discount program with Budget Rental Trucks. Through the member portal on the National Grange website you can find a long list of benefits such as rental car discounts, pharmacy discounts, hearing benefits, a shopping mall, Office Depot, the National Grange Travel Center, and others. There just might be something of benefit if you will take a look at these offerings.

The NC State Grange made arrangements several years ago for our members to have access to a credit union. This interest was expressed through a resolution passed at a State Convention. The

Allegacy Credit Union, based in Winston Salem, is available to our members for a variety of banking needs. If you need information on how to connect with this credit union, let us know and we will be glad to assist.

Would you like help with buying a vehicle? The Car Connection will do this for you. A few of our members have taken advantage of this service and have been quite satisfied. The phone number is 919-846-9553. The website is [www.ncmotor.com](http://www.ncmotor.com). You will find a testimonial from one of our members on the website.

Finally, do not forget insurance programs that are available through the NC State Grange which includes health, life, and long term care coverage. Property and farm owners insurance is also available through NC Grange Mutual Insurance Company.

For any questions about member benefits, contact our office.

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*The Grange is a grassroots, community service, family organization with a special interest in agriculture and designed to help meet the needs of people, young and old, through a cooperative effort with government and other organizations that also seek the greatest good for the greatest number.*



# APPLE JACK COOKIES

ELIJAH BARKER - ARCADIA GRANGE  
1ST PLACE JUNIOR APPLE COOKIE

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1 CUP LIGHT BROWN SUGAR  
1/2 CUP SHORTENING  
1 EGG  
1/2 TSP. BAKING SODA  
1/2 TSP SALT  
1 TSP. NUTMEG  
1 CUP CHOPPED UNPEELED APPLES

CREAM TOGETHER SUGAR & SHORTENING  
BEAT IN EGG  
SIFT DRY INGREDIENTS TOGETHER & ADD TO SUGAR  
MIXTURE. BEAT UNTIL WELL BLENDED  
STIR IN APPLES  
DROP IN BALLS ON GREASED COOKIE SHEET & BAKE  
AT 375 DEGREES FOR 12-15 MIN. COOL & ENJOY!



## BLUEBERRY CRUMB CAKE

DIANNE HUDSON  
ST. JOHN'S GRANGE  
1ST PLACE ADULT  
BERRY CAKE

2 CUPS ALL-PURPOSE FLOUR  
1 CUP SUGAR  
1 TBSP. BAKING POWDER  
1/4 TSP. SALT  
1/2 CUP VEGETABLE SHORTENING  
1 CUP MILK  
1 TSP. VANILLA EXTRACT  
2 EGGS, BEATEN  
2 CUPS FRESH OR FROZEN BLUEBERRIES

TOPPING  
1 CUP SUGAR  
1/2 CUP ALL-PURPOSE FLOUR  
1/4 CUP BUTTER, MELTED  
1/4 TSP. ALMOND EXTRACT

COAT A 13 X 9 INCH PAN, LIGHTLY GREASED  
AND FLOURED OR USE NONSTICK COOKING  
SPRAY.

SIFT TOGETHER FLOUR, SUGAR, BAKING POW-  
DER AND SALT. USING A PASTRY CUTTER OR  
TWO KNIVES, CUT IN SHORTENING.

COMBINE MILK, VANILLA FLAVORING AND  
EGGS; BEAT UNTIL MIXED. ADD DRY INGREDI-  
ENTS. MIX LIGHTLY. FOLD IN BERRIES. SPREAD  
IN PAN, COVER AND REFRIGERATE OVERNIGHT.

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## PECAN CHESS PIE

CLAY RAPP, ARCADIA GRANGE  
1ST PLACE YOUTH NUT PIE  
\*REPRINTED FOR ERROR

1 1/4 CUPS SUGAR  
1 1/2 TBSP. CORNMEAL  
3 EGGS  
1 TBSP. VINEGAR  
1 TBSP. VANILLA  
1 1/4 FINELY CHOPPED PECANS  
UNBAKED PIE SHELL  
1/2 STICK MELTED BUTTER

MIX SUGAR, CORNMEAL AND MARGARINE,  
BEAT GENTLY. ADD BEATEN EGGS, VINEGAR, VA-  
NILLA AND PECANS. POUR INTO PIE SHELL.

BAKE 325 DEGREES FOR ABOUT 1 HOUR. CHECK  
AFTER 40 MINUTES FOR DONENESS.


## SWEET POTATO SPICE COOKIES

SHARON RITCHIE  
ST. JOHN'S GRANGE  
1ST PLACE ADULT  
SWEET POTATO COOKIE

3/4 CUP SOFTENED BUTTER  
1 CUP SUGAR  
1/4 CUP PACKED BROWN SUGAR  
1 EGG  
1 CUP FINELY SHREDDED UNCOOKED SWEET  
POTATO  
3 TBSP. ORANGE JUICE CONCENTRATE  
2 CUPS ALL-PURPOSE FLOUR  
1 TSP. BAKING POWDER  
1 TSP. GROUND CINNAMON  
1/2 TSP. BAKING SODA  
1/2 TSP. SALT  
1/4 TSP. GROUND NUTMEG  
1-1/4 CUPS QUICK-COOKING OATS  
1 CUP BUTTERSCOTCH CHIPS  
1 CUP FLAKED COCONUT  
1 CUP CHOPPED PECANS

IN A LARGE BOWL, CREAM BUTTER AND SUG-  
ARS UNTIL LIGHT AND FLUFFY. BEAT IN EGG,  
SWEET POTATO AND ORANGE JUICE. COMBINE  
FLOUR, BAKING POWDER, CINNAMON, BAKING  
SODA, SALT AND NUTMEG; GRADUALLY ADD TO  
THE CREAMED MIXTURE AND MIX WELL. STIR  
IN THE REMAINING INGREDIENTS.

DROP BY ROUNDED TEASPOONFULS 2 IN. APART  
ONTO GREASED BAKING SHEETS. BAKE AT 350  
DEGREES FOR 14-16 MINUTES OR UNTIL FIRM.  
COOL ON WIRE RACKS. YIELD: 7 DOZEN



# LITTLEBERRY FARM- A CENTURY OF AGRARIAN HISTORY

STORY: LAURIE BARNHART   PHOTOS: JESSICA HORTON

Wikipedia defines a Century Farm as “a farm or ranch in the United States or Canada that has been officially recognized by a regional program documenting the farm has been continuously owned by a single family for 100 years or more. In most states and provinces, the essential requirement for the award is that the property must have remained in the same family continuously for 100 years or more and currently be a working farm or ranch.” Littleberry Farm, owned and operated by Harvey Barringer, located in Cabarrus County certainly is a fitting example of a Century Farm. In 1970, the North Carolina State Fair took on the largest agricultural project in the state fair’s history. State Fair officials began a search to find all of the families in North Carolina that owned or operated a farm for 100 years or more. This project underscored the theme that year which was “Salute to Agriculture”. At that time (1970), 800 farms qualified as a Century Farm. Currently, out of 52,000 farms in North Carolina, 1,800 qualify for this honor. Most Grangers know the importance of agriculture to our state. The Century Farm is a shining example of our rich agrarian heritage. North Carolina would not be the great state it is today without this legacy. Littleberry Farm, owned and operated by St. John’s Grange member-Harvey Barringer, proudly won the NC State Grange “2015 Farm of the Year”. Located in Cabarrus County outside of Mount Pleasant, Littleberry Farm has remained in the family with a continuous agriculture heritage since the late 1890’s when the original barn was built. Our visit to this beautiful, scenic farm located in the rolling hills of Cabarrus County was an opportunity to realize the importance of remembering and understanding our North Carolina roots and to see first hand just exactly how deep these roots can run.





We met Harvey on a chilly rainy afternoon in early December. He graciously welcomed us and invited us to sit around his kitchen table. We talked about the history of Littleberry Farm. Harvey is an active member of St. John's Grange as was his Mother and Father. He grew up in the same home that he now lives which was built by his grandparents in 1902. Harvey's parents lived their lives out in this home as well. Harvey and his wife were able to take care of them there until they passed away.

The only time Harvey was away from his farm was from 1968 to 1971 when he served in the US Army. He was stationed in the Florida Everglades National Park which was built during the Cuban Missile Crisis. Afterwards, he returned to Cabarrus County and back to the family farm. Harvey also volunteered for the Cold Water Volunteer Fire Department in Concord for twenty-five years serving as treasurer for sixteen years. In 1987, the NC Department of Labor presented Harvey with the Master Craftsman Award for his work while at Continental Tire. Harvey and his family are active members of Forest Hills United Methodist in Concord.

Littleberry Farm originally operated as a small dairy farm, selling milk to Carnation. They also farmed strawberries, bees, chickens and a small orchard as well. Unfortunately, in the early 60's with large farms playing a larger role in the farming industry, Littleberry Farm had to either grow in the dairy farm business exponentially or turn to other alternatives. Harvey's family decided to change from farming dairy cows to beef cattle and turned all acreage over to growing hay in order to feed the cattle. Today, Mr. Barringer owns 27 brood cows, nine calves and one bull. Littleberry Farm for the most part is a "one-man" operation although his wife Becky and daughter Melinda certainly do their fair share helping with duties around the farm. Harvey also believes in the philosophy of "neighbors helping neighbors", especially when it comes to fence mending, helping out during hay processing, transferring the cows to the sale barn and naturally in sharing yields from the neighboring gardens.

Littleberry Farm is truly an agriculture interactive virtual museum. The view of the green rolling acreage with the cows grazing is absolutely peaceful and serene. In addition to the farm house, the original barn, built in the 1890's is still used for storing hay which was its original purpose. The granary provides storage for feed and hay tarps. The original corn crib stores tools and fence supplies. Harvey is so proud of the responsible farming practices on their property. The trees that have fallen on his property are used in the outside wood heater which is used to heat the farmhouse as well as heat water. The original shower house still stands although now there is an inside shower. Harvey's equipment includes the old and the new. There is still a 1953 Allis Chalmers WD-45 that is used for small jobs on the farm. Harvey's father (Harvey Sr.) bought this for his son to use as it had power steering and was easier to handle. Harvey's equipment inventory also includes a pull combine for small grain harvesting and a New Holland Super Hay Liner 67 hay baler. Harvey is religious about keeping this older equipment greased and in working order. Newer equipment consists of a tractor with a front end loader, a skid steer, a round baler and a disc-bine.

When I asked Harvey what his biggest challenge was, he said what every farmer says: "The weather." However, he takes it in stride and tries to stay ahead of it in preparation should it not be favorable. He is hopeful that his daughter will be able to take over the farm when he is no longer able to do the "heavy lifting". She is engaged and she definitely takes an interest in the farm. It was a refreshing experience to be with Mr. Harvey Barringer—a third generation centurion farmer. The values of the American farmer—humility, pride, hard work, love of the land, love for his community—are all exhibited by this kind delightful man. It was a privilege to meet him and hear his story. The North Carolina State Grange is fortunate to have him as a member of St. John's Grange. I am sure if you are ever in Mt. Pleasant, he would love for you to stop by for a visit.





# FROM JOYCE!

By: Joyce Clodfelter

Happy New Year! I hope 2016 will be a great year for the NC State Grange and all of our local Granges. Hopefully, many of you have gone to the state website and have looked over the 2016 Program Guide. Please look carefully at the contest rules for baking and arts and crafts. There are a few changes concerning dates and also the youth baking entries will be judged on Saturday morning which will hopefully give us more entries. We eliminated some categories and added a Best in Show for our youth.



photo from a 2013 Family Conference

Please ask your members to keep this in mind throughout the coming weeks and send items with someone if you are not planning to attend. We will count the items and a Grange will be recognized with a cash prize for the most items donated.

Have a great 2016. Look forward to seeing you at Family Conference.

If I can help with anything concerning Family Living or Community Service activities during the coming months, do not hesitate to call me at 704-902-1682 or email me at [community@nc-grange.com](mailto:community@nc-grange.com). Have a great year and God's peace to all.

Remember that all entries must be done online this year. Make sure you only do one entry per recipe. I will give more details as to how to complete the form later in the Spring or early Summer. IF, you are not comfortable with the computer, please get someone in your Grange or even your family to help you with your entry. I will also be glad to help, please let me know. I would urge you to make your decisions early as to what you want to make and not wait until September to think about your entry forms.

Last fall, the judges requested we share their suggestion of not making desserts using cheesecake type recipes because they do not maintain their consistency by the time the judging is completed. As a result, most of these entries are eliminated from qualifying for a prize.

At the end of 2015, I took over the role of Community Service Director. Our Community Service Project at Family Conference will again be a food drive. All items collected will be donated again to the Beach Food Pantry. We encourage you to look at their website [www.beachfoodpantry.org](http://www.beachfoodpantry.org) and look under "Volunteer" for a list of items they currently need.

## NEW DIRECTOR OF NC EXTENSION

By: Jimmy Gentry

Dr. Richard Bonanno has been named as the new Director of North Carolina Extension and Associate Dean of the College of Agriculture and Life Sciences at NC State University. His new duties begin in February. Prior to this, Dr. Bonanno served as a professor at the University of Massachusetts. At the time of his hiring, he was also serving as President of the Massachusetts Farm Bureau. Early in his career, he served as a weed specialist at NC State University.

I was able to serve on the search committee for this position. Dr. Bonanno will bring energy, enthusiasm, and his own style of leadership to this position. I believe he will be good for Extension in North Carolina. We look forward to working with him in the years ahead.



# Thank you Commissioner Troxler & the NC Department of Agriculture

By: Laurie Barnhart

Jimmy Gentry presenting Commissioner Troxler Resolution



On December 15, our President Jimmy Gentry, along with members of several of our local Granges had the privilege of awarding Commissioner Steve Troxler and the NC Department of Agriculture a resolution that came out of the NC State Grange's 2015 Annual Convention from Grantham Grange. This resolution was written to show appreciation and support for the leadership and hard work in the daunting task of combating the High Pathogenic Avian Influenza, and preparing plans to address this emergency should the "HPAI" outbreak reach North Carolina. Most of our Grangers know that the Midwest states including Nebraska, South Dakota, Minnesota and Iowa have been hit by this fatal disease which has devastated many chicken farms across the US. There are two types of poultry influenzas. The first type is Low Pathogenic and the second is High Pathogenic. Low Path has mild symptoms--mild discharge, ruffled feathers and a drop in egg production. High Path seldom shows signs of the illness and the results are sudden death. Low Path has virtually been eliminated across the country. Our NC Department of Agriculture and Consumer Services has tirelessly worked with the poultry industry as well as state and federal agencies

to prepare for outbreaks of influenza. North Carolina fortunately has a voluntary cooperative control plan that includes education, monitoring, reporting and response. The good news is that currently the US is free from High Path!

Below is a copy of the resolution that was presented to Commissioner Troxler. Thank you Grantham Grange!

## HIGH PATHOGENIC AVIAN INFLUENZA

WHEREAS, the potential for North Carolina to experience a severe outbreak of High Pathogenic Avian Influenza is significant; and WHEREAS, a severe outbreak could have devastating impacts on the economy of the state; and WHEREAS, professionals from the North Carolina Department of Agriculture & Consumer Services have prepared in an exemplary manner to deal with possible outbreaks; and

WHEREAS, the severity of an outbreak could be minimized by the prompt actions of the North Carolina Department of Agriculture & Consumer Services;

THEREFORE BE IT RESOLVED, that the North Carolina State Grange expresses appreciation and support for the leadership provided by Commissioner Steve Troxler and the North Carolina Department of Agriculture & Consumer Services in preparing plans to address this emergency.

This 15th day of December, 2015



Dr. Richard Reich, Jeff Barnhart, Jimmy Gentry, Commissioner Troxler, Bobby Crawford, Dr. Bill Collins, Laurie Barnhart, Tom Ellis

Happy New Year's Grangers! Hopefully everyone had a safe, healthy holiday. 2016 ushers in the "short session" in the General Assembly beginning April 25th. This session is typically held in order to handle addendums for the biennial budget passed in the long session, and any other bills that made crossover and may be activated by the sponsoring Representative or Senator. This session typically is relatively short. 2016 is not only a Presidential Election year but it is also an election year for all of our North Carolina State Representatives and Senators. In an election year the General Assembly members that are running for reelection and have opposition are usually anxious to get through the short session so they can campaign in their respective districts and also raise money for their campaigns.

*Below is a synopsis of the offices that will be up for re-election this year in North Carolina.*

All of the U.S. House of Representatives (2-year terms)

- U.S. Senator Richard Burr (6-year term)
- Four Republicans, four Democrats and one Libertarian have filed to run against Sen. Burr.
- Governor (4-year term)
- Sitting Governor Pat McCrory, a Republican, has filed.
- Sitting Attorney General Roy Cooper, a Democrat, has filed for Governor.
- Two Republicans and one Libertarian also filed for the seat.
- Lieutenant Governor (4-year term)
- Four Democrats have filed and will challenge Lt. Governor Forest, most notably, his 2012 challenger, Linda Coleman.

- One Libertarian has also filed for the seat.
- Council of State (4 year terms)
- Secretary of State - Currently held by Elaine Marshall (D).
- State Auditor - Currently held by Beth Wood (D).
- State Treasurer - Currently held by Janet Cowell (D), who recently announced that she does not plan to run for re-election.
- Superintendent of Public Instruction - Currently held by June Atkinson (D).
- Attorney General - Currently held by Roy Cooper (D), who filed for Governor.
- Commissioner of Agriculture - Currently held by Steve Troxler (R).
- Commissioner of Labor - Currently held by Cherie Berry (R).
- Commissioner of Insurance - Currently held by Wayne Goodwin

HOUSE OF REPRESENTATIVES (2-year terms)

Not planning to seek reelection:

- Nathan Baskerville (D-Vance)
- Rayne Brown (R-Davidson)
- Rick Catlin (R-New Hanover)
- Tricia Cotham (D - Mecklenburg)
- Leo Daughtry (R-Johnston)
- J.H. Langdon (R-Johnston)
- Jacqueline Schaffer (R-Mecklenburg)
- Paul "Skip" Stam (R-Wake)
- Paul Tine (U-Dare)
- Ken Waddell (D-Columbus)
- Roger West (R - Cherokee)
- Chris Whitmire (R - Henderson)

RECENT RESIGNATIONS

- Brian Brown (R-Pitt) replaced by Gregory Murphy
- Rick Glazier (D-Cumberland) re-

- placed by William Richardson
- Bryan Holloway (R-Stokes) replaced by Kyle Hall

SENATE (2-year terms)

Not planning to seek reelection:

- Tom Apadoca (R-Buncombe)
- Stan Bingham (R-Davidson)
- Fletcher Hartsell (R-Cabarrus)
- Buck Newton (R-Wilson), running for state Attorney General
- Bob Rucho (R-Mecklenburg)
- Dan Soucek (R-Avery)
- Josh Stein (D-Wake), running for state Attorney General

**The 2016 Bond Referendum  
Vote YES TO INVEST MARCH 15, 2016**

To ditto the letter from the President, hopefully most of our Grangers know that there will be a \$2 billion Bond Referendum on the March 15th ballot. North Carolina has not had a bond referendum in 15 years. As noted in the last edition of the Grange News, our NC Grange Policy supports every component of this bond referendum. North Carolina has grown by 2 million people in the last fifteen years. Because of our state's strong revenue growth and ample debt service capacity, there will be no need to increase taxes to finance this bond. Below is the breakdown of the bond projects and the allocation of monies. As you will see, there are very few if any North Carolinians that will not benefit in one way or the other from the passage of this bond. Please visit [www.voteinvest.com](http://www.voteinvest.com) to learn more. Remember this bond is not about partisanship it is about the people of North Carolina and investing in our future. Please do not forget to vote on March 15th!



In January, I attended portions of the NC Association of Soil and Water Conservation Districts Annual Meeting which was held here in Raleigh. The NC State Grange historically has been one of the sponsors of this event. Senators Brent Jackson and Representative Chuck McGrady addressed the attendees at the Legislative luncheon. Rep. McGrady touched on some things that I thought were worthwhile to pass on to our Grange members. He talked at length about the importance of North Carolina citizens establishing a relationship with their respective Representatives and Senators. This

would be especially important for those citizens who take an active role in their jobs and communities. Those citizens are the people who are most likely to benefit from this relationship. His point, "Don't wait until you need us. Get to know us-it is much easier to help someone you know and are familiar with, than someone you are not familiar with." Below are some points to keep in mind when visiting with the members of the General Assembly that represent your district.

- Remember, you are trying to win friends, NOT arguments.
- Know the message you are trying

to convey to your Representative.

- Stay on message – very important.
- Relay your message concisely and quickly.
- Do not go alone. It is helpful to have someone else with you that can assist in conveying your message.
- Utilize friends and family where relationships exist.
- Be sensitive to their time-make your visit brief.
- Thank them for what they do.
- A pleasant meeting with you can pay dividends later.

# 2016 FAMILY CONFERENCE

NAGS HEAD, NC • MARCH 11-13, 2016



NO CHARGE FOR GRANGE MEMBERS

\$25 FOR NON-GRANGE MEMBERS

NON-MEMBER FEE WILL BE APPLIED TO A LOCAL GRANGE MEMBERSHIP

REGISTER TODAY AT  
[NCGRANGE.COM](http://NCGRANGE.COM)

SPACE LIMITED TO 175! REGISTER EARLY!

# IS THERE A PILL FOR THAT?

Here we are starting 2016 – a fresh New Year for all of us. I am sure that like 2015 and the years before, this year will also have its challenges, opportunities, and disappointments as well as its joys, excitement, and blessings. If you notice the way the previous sentence is structured, it starts with the less desirable parts of life and its bitterness – you may say the lemons of life. That structure is on purpose because many people choose to only see the glass as half full and turn sour on life itself. We have the option to add water and a little sweetener to the lemons making them into lemonade. I remember my Dad used to take those lemons in his big callused hands - put some pressure on them as he rolled them around on the counter top to help extract all the juice of the lemon before he would cut them open and squeeze them over a wide mouth glass gallon jar. Then he would add the water and sugar according to Grandma's recipe. Then at the family gatherings, his was always one of the first jars emptied.

Now what does this have to do with the insurance program for the NC State Grange? Well, typically, collecting on an insurance policy is the plan "B" when we would really rather have the results of our plan "A". The health insurance as well as the health provider industries are moving more toward "well care" than "sick care" to help us remain on our plan "A" as long as possible. What is the difference? "Well care" tends to focus on moving all of us in a more health conscious direction with better nutrition, exercise, weight control, as well as mental balance and stimulation. If these items are in check, it tends to ward off several of our most expensive chronic conditions such as diabetes, cardiac, stroke, obesity, arthritis as well as improved mental health. While it is a given that genetics plays a vital role to the susceptibility in each of these examples, in many cases our own personal choices precipitate many of these chronic issues. Unlike previous generations before us, we eat more and move less. We tend to eat more processed and pre-cooked foods that our grandparents ever thought possible. Our work environment is totally different and our stress levels elevated. So how do we turn these lemons into something more enjoyable? First of all, you are seeing the beginning of health care providers and health insurers forming alliances for patient quality outcome(s) verses putting a bandage on the problem only to have it resurface down the road. It is a re-education process to get us thinking and taking responsibility for our own health welfare in our nutrition and physical movement. BCBSNC gave us a glimpse of this partnership two years ago with an experimental trial in the Durham area which expanded to the Carolina Health Care Network in the Charlotte area last year. For 2016, it is expanding again in the Raleigh marketing area with Wake Med. While these programs do lead to a limited network of providers, the goal is more of a wellness outcome basis with less chronic re-occurrences for individuals in the program. In many cases, this is a re-education and lifestyle change prior to an irreversible status of a preventable chronic diagnosis. This is truly health care reform at its pinnacle! This reminds me of JT, my father-in-law's job at Burlington Industries in Greensboro. He was in the maintenance department in charge of several heating and refrigeration units. A lot of these units had many years and hours on them and he had a regular schedule that he checked on each unit. Cleaning the dust and dirt out for good air flows, tinkering with

## In Memoriam

*Dr. John Tart, Sr.**Mrs. Marjorie Tart**Mr. Gary Smith \***Mrs. Fern Riggs**Mr. West W. Byrum, Jr.**Ms. Elise Henley**Mr. Bill Rattledge**Grantham Grange**Grantham Grange**Brogden Grange**Associate Member**Associate Member**Associate Member**Old Richmond Grange*



this or that to keep the temperature in the range it needed to be, etc. In general, he kept an eye on everything and making sure that things were in order. After his rounds, he would spend the rest of the day in the shop area, tinkering with whatever he wanted to do. The rest of the maintenance crew thought he had a pie job because he had very few major breakdowns. When he retired, everyone in the shop wanted his job. I remember him laughing a couple of months after he retired because the fellow who got his job came running to him one day asking him how he did it because every unit now seemed to be going down the tubes! JT just laughed again and asked him if he was doing the preventative checks – or just waiting until someone called down to report a problem with one of the units. Of course, they were waiting for the call.

So with our New Year's resolutions – will we strive to work on better health habits and hopefully help ourselves stay on our plan "A" or rely on the health insurance benefits of plan "B" and all that goes along with that? Back to the lemonade now – you see it does take effort and some work to turn those lemons into something desirable. Today, I can take the easy road and just open a packet of lemonade mix to put into some water – which is pretty good if I'm driving down the road, but it is no comparison to the lemonade my Dad used to make! Like the old saying, how much effort we put into things generally indicates what we will get out of it. Join me in trying to make 2016 a banner health improvement year and let us focus on the last half of the second sentence of this article – the joys, excitement and blessings this year will hold!



# NATIONAL GRANGE

## OF THE ORDER OF PATRONS OF HUSBANDRY

1616 H ST. NW, WASHINGTON, DC 20006 | PHONE (202) 628-3507 | FAX (202) 347-1091

*American Values. Hometown Roots.*

Joseph Stefenoni, National Grange Membership/Leadership Director, announced a membership recruitment contest for the first half of 2016. This contest will recognize our members who bring new members into their community Granges. The contest runs from January 1 to June 30. Members who recruit 1-4 new members will be recognized as a "+1 Builder". Members that recruit 5-9 new members will be recognized as a "Grange Builder" and members that recruit 10 or more new member will be recognized as a "Super Recruiter". Contest materials are available through [NationalGrange.org](http://NationalGrange.org).

North Carolina State Grange  
1734 Wilkesboro Hwy  
Statesville, NC 28625  
(704) 878-0000  
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