



# "Whitepine Whispers"

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

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## 135 bicyclists learn the history of rural Sanders County

Hot, thirsty and happy bicyclists started pouring into the Grange about 10am on Aug. 2, where they were met with refreshments and information about Whitepine Grange and the role it's played in local farm/ranch history.

The bicyclists—135 in all—were on a tour organized by Sanders County Extension Service. They hailed from many different states and were eager to hear the history of

Landmarks like Meadows Ranch, Little Beaver Creek Ranch, Whitepine Grange and others in the Whitepine neighborhood.

**Below left: Riders started at Findley Flats and made several scheduled stops along their tour through Whitepine.**

**Below: Jan Manning of Whitepine Grange explains the role the Grange has played for decades in the rural community.**



## What is "Grange"?

"Grange" is a national organization started in the 1800s to support farmers, ranchers and other rural residents. Grange halls, like our own Whitepine Grange, were built as local meeting places where folks could gather with neighbors for social, family, business and community events and classes. Today our mission is the same: serving the community and providing a safe gathering place where folks can meet face to face and network with their neighbors.

The Grange is non-denominational and nonpartisan. Whitepine Grange was chartered in 1938 and is a beloved Sanders County icon. While nearby Thompson Falls and Plains Granges have closed in recent years, Whitepine Grange and Nyah Grange (in Hot Springs) have been refurbished and are thriving with new members joining every year. These are the only two Granges left in Sanders County.

You don't need to be a Grange member to take part in our activities, but your memberships do help sustain our mission of service to local communities and families. A membership form is on the last page of this newsletter. We'd love to have you in the growing Grange family!

Go to  
Page 5 to  
see what  
you may  
have  
missed at  
Whitepine  
Grange so  
far this  
year!

# Let's stop depending on outsiders!

## Looking for local help!

By Jan Manning, Whitepine Grangemaster

I hate asking, but....here goes . . .

Could you please send me \$10 to *invest for you?* I can guarantee you a high rate of return.

You see, your Grange (*yes, it is yours!*) needs a new kitchen. We've done an awfully lot of fix-up over the past five years, but the kitchen has gone pretty much untouched, save for a new floor. One of the burners on the old range is totally shot. The refrigerator freezes up. The old porcelain farm sink is pitted with chips and rust. The metal cabinets and drawers don't close properly. The countertop is a painted chunk of particle board.



Our old Grange needs a new kitchen!

We need it for potlucks, cooking and baking classes, social events, receptions and retreats.

We need new cabinets, new countertop, new sink. Thanks to a generous grant from the **Gianforte Foundation**, we are able to purchase a new gas range and new refrigerator. However, those two appliances are just the finishing touches. First we must fund the general facelift.



Here's where you come in. As Grange members and supporters, please consider donating \$10 to your Grange's kitchen project.

Up to now, we have sought and received grants for many of our major projects, like siding, new roof, insulation, two ADA restrooms, and much more. **The money has come from OUTSIDE OUR COMMUNITY, from foundations and corporations who heard our plight and wanted to help. Now it's time for us LOCALS to pitch in and contribute.** Whitepine Grange is a community resource. It's here to serve you and your family. Go to page 5 and check out the lengthy list of activities the Grange has offered you just in

the past seven months! Then consider donating a few bucks to help pay for the kitchen that will serve you and your children for several more generations to come.

That's why your \$10 is an investment. It pays dividends.

Contributions can be made to the "Friends of Whitepine Grange" bank account at First Security Bank in Thompson Falls. Since FWG is a 501.c.3 non-profit, you'll get a receipt for your taxes. You can do it all on-line at First Security Bank, or with just a phone call.

Even with the generous gift from the **Gianforte Foundation**, the Grange kitchen is still going to cost about \$8,000. Instead of begging more outsiders for the money, let's accept the responsibility ourselves. If we each pitch in a few dollars, those home-grown funds will accumulate fast, and your personal reward will be a safe, clean, modern kitchen for the Grange that has served you all since it was chartered in 1938.

Step up and take some ownership in this place! Thanks!

*Whitepine Grange is the community center in western Sanders County, serving you and your family, promoting neighborhood unity, fostering healthy growth in all forms from agriculture to family values. We are nonpartisan, non-denominational, and open to the public for most low-cost or no-cost events and activities.*

*Tues., Sept. 23 at Whitepine Grange*

## Forget the pain pills; try a BEMER instead

Thanks to NASA engineers and progressive medical scientists, there's a new method of addressing and managing chronic discomfort, traumatic injuries, internal afflictions, and even mental acuity. It's called PEMF (Pulsed Electromagnetic Field) therapy, and you can try it for yourself on **Tues., Sept. 23, at Whitepine Grange.**



Whether it's a troublesome knee, a circulatory problem, or even a metabolic condition, PEMF therapy may improve the situation and may even help you postpone or avoid unnecessary surgery.

Rob Viens of Thompson Falls is a PEMF practitioner and distributor of the current "Cadillac" PEMF device, which is called a **BEMER (Bio-Electro-Magnetic-Energy-Regulation)**. Generally speaking, the BEMER is a body-length mat you lie on for a few minutes per session. The mat can be programmed to address different issues at different strengths, depending on what you choose for your body. The mat emits electromagnetic pulses that YOU CAN'T FEEL but your body's microcirculatory system can sense. The result is improved microcirculation, opening up the tiny vessels that run throughout our bodies and organs. This improved circulation brings fresh blood and oxygen to spots that were formerly clogged with toxins and waste. With the increased blood flow, the body is better able to repair itself.

BEMER technology has been around for many decades in the developmental stages. NASA was one of the first high-profile agencies to use BEMER for astronaut training and rehab. Today, **BEMER products are FDA Class II medical devices**, meaning they can be used at home or by medical professionals in their practices.

You'll find BEMER mats in many physical therapy clinics, ambulances, leading hospitals and even veterinary clinics. It already has an active following in the equestrian world. BEMER products are being used to help

## September Calendar

**Aug. 23-30: Grange closed for a private class**

Wed., Sept. 3: Rough & Rowdy Dogs, 10:30

Wed., Sept. 3: Rally Dog Practice, 1pm

Wed., Sept. 3: Clogging class, 5:30pm

Thurs., Sept. 4: Joy of Movement, 9am

Fri., Sept. 5: Sew Day

Mon., Sept. 8: Joy of Movement, 9am

Wed., Sept. 10: Rough & Rowdy Dogs, 10:30am

Wed., Sept. 10: Clogging class, 5:30pm

Thurs., Sept. 11: Joy of Movement, 9am

Mon., Sept. 15: Joy of Movement, 9am

Wed., Sept. 17: Rough & Rowdy Dogs, 10:30am

Thurs., Sept. 18: Joy of Movement, 9am

Fri., Sept. 19: Sew Day

Mon., Sept. 22: Joy of Movement, 9am

Tues., Sept. 23: PEMF Therapy Program following POTLUCK at 5:30pm

Wed., Sept. 24: Rough & Rowdy Dogs, 10:30am

Wed., Sept. 24: Rally Dog practice, 1pm

Wed., Sept. 24: Clogging class, 5:30pm

Thurs., Sept. 25: Joy of Movement, 9am

Mon, Sept. 29: Joy of Movement, 9am

WE MAY ADD OR MODIFY THIS SCHEDULE AS NECESSARY, SO CHECK FOR NEW LISTINGS & UPDATES ON THE WHITEPINE GRANGE FACEBOOK PAGE!

maintain top physical condition for horses in many equestrian stables worldwide.

Don't confuse a BEMER with a TENS unit, or magnets, or red light therapy, or any other "new age" medical device. Do understand that BEMER therapy has been tested and proven effective as a legitimate medical device that is the very future of modern medicine.

Rob Viens and his wife Carrie will explain and demonstrate BEMER therapy on Tues., Sept. 23, 6:30pm at Whitepine Grange. Several local folks will share their incredible experiences with the BEMER products, and those who are interested may try a short BEMER session at no charge.

The program will follow a free community potluck dinner that starts at 5:30. Everything is free of charge and open to the public.

For more information, contact the Grange at 406-827-0102, or call Rob in Thompson Falls at 360-296-1232.



# *Third Annual* **HONEY BUZZAAR**

**SATURDAY, NOV. 8**

**10AM TO 2PM**

**AT WHITEPINE GRANGE**

Featuring a variety of northwestern Honey Vendors. Come and sample! Purchase directly from the producers! Honey and honey products, including baked goods, balms, etc.

Whitepine Grange is on the corner of MT Hwy 200 and Faro Lane, near MM38. We are between Trout Creek and Thompson Falls, MT.



Honey Vendors welcome! \$10 per vendor, tables provided or bring your own. Pre-registration required. Call 406-827-0102 or email [whitepinegrange@gmail.com](mailto:whitepinegrange@gmail.com) to register. Set-up begins at 8:30am Nov. 8. *Whitepine Grange has high-speed internet for your e-sales!*

## *What's happened at Whitepine Grange so far this year*

For those new to our area, here's a sample of the activities thus far in 2025:

1. Women's Self Defense Class
2. Potlucks every fourth Tuesday
3. Bingo
4. Fitness classes twice weekly
5. Dog training classes
6. Dance classes
7. Highway cleanup
8. Conducted community Memorial Day service
9. Hosted a 4-H "Clover bud" day camp
10. Week-long sewing retreats and sew days
11. Israel presentation
12. Amazon presentation
13. Grant writing seminar
14. Fly tying classes
15. Knitting classes
16. Movie nights
17. Senior Fitness Testing
18. Tack sale
19. Craft sale
20. Bunco
21. Zumba
22. Dictionaries given to third-graders
23. Hosted 135 Bicyclists on tour
24. Physical therapy classes

**The Grange:**  
**"Strengthening individuals, families and communities through service, education, nonpartisan grassroots advocacy and agricultural awareness."**

## **New addition is completed!**



The old Whitepine Grange building continues to expand and improve! The addition of a new storage room, just off the north corner of the building, now houses our tables, trampolines, dog training gear, totes and other odds and ends that previously cluttered the floor and walls in the main room. Matt Braun of Cabinet Mountain did the job. The

project was financed by Grange member Monte Nesbitt's family foundation. We are so pleased with the result!



## ***Save these dates!***

### **Tuesday, Sept. 23**

**Community Potluck & BEMER program, 5:30pm**

### **Tuesday, Oct. 28**

**Harvest Potluck & Dessert Bingo, 5:30pm**

### **Sat., Nov. 8**

**Third Annual Honey Buzzaar**

**Sample/buy local honey & related products**

### **Sat., Nov. 22**

**"Cornucopia of Crafts" Arts & Crafts Bazaar**

### **Sat., Nov. 29**

**Breakfast & Photos with Santa**

### **Sat., Dec. 13**

**Gingerbread House Building Contest**

**Call Whitepine Grange, 406-827-0102 for more info!!**



## *Developing motor skills is child's play!*

# Occupational therapist opens new studio in Grange basement

Nestled beneath the historic Whitepine Grange building lies an unlikely setting for helping children and families. In a cozy, welcoming space, children blossom under the care of Melissa Porcaro, OTR/L SIPT, a licensed Occupational Therapist with impressive credentials and extensive background working with children and families.

Melissa's extensive background includes 30+ years of experience in the field of occupational therapy and pediatric counseling. She's been instrumental in improving the lives of hundreds of children with various diagnoses, including Autism, ADHD and learning disabilities. Her professional philosophy is holistic and goes far beyond traditional therapy methods. She works with families to help support healthy lifestyles that support the children's ongoing improvement in motor skills, diet and social behaviors.

One of her pet projects is encouraging the reduction of time her young clients spend in front of screens, from computers to phones to television.

The cozy environment, soft floor mats, and inviting toys help her clients feel safe to explore and try new challenges. She says her studio's location in the Grange building is ideal for connecting younger population with

a well respected historic organization that has been enriching rural families' lives for decades.

"We have many young families moving to this area," she notes, "and they're in need of resources to help their children become the best they can be."

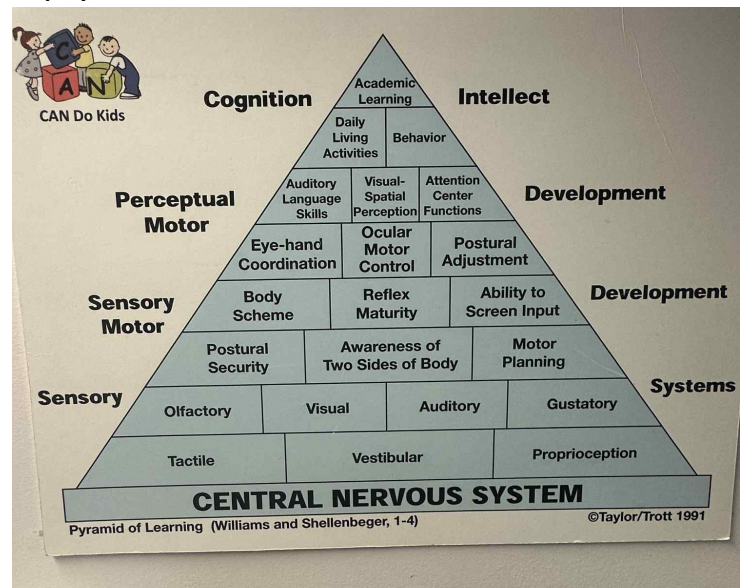
For more information about Melissa Porcaro and her pediatric counseling services, call [509-521-7983](tel:509-521-7983)

Email: [Campcan4@gmail.com](mailto:Campcan4@gmail.com)

Her website is: <https://candokidspediatrictherapy.com>



Melissa observes a young client in an exercise that feels like play.



Melissa's approach to counseling involves fun physical challenges that build and enhance coordination, balance and sensory skills.

## Join Whitepine Grange today!

*For yourself, your family, your rural neighbors & community!*

### MEMBERSHIP TYPES - Check Box

☐ Individual Membership: \$35/year      ☐ Family Membership: \$70/year

Name: \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone \_\_\_\_\_  
 Email (please print clearly) \_\_\_\_\_

What are your hobbies? (so we can plan programs of interest to you and maybe utilize your expertise) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

#### For Family Memberships:

Spouse/Partner's Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone \_\_\_\_\_  
 Email (please print clearly) \_\_\_\_\_  
 Children:  
 \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
 \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
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### Seven winning reasons to join Whitepine Grange:

- Build a support network with your rural neighbors.
- Great monthly programs on topics of local interest.
- Family friendly activities like potlucks, parties, dances and Bingo.
- Community service projects like highway cleanup, the dictionary program, Family & Friends shut-in outreach, and military care packages.
- Exercise classes for all ages.
- A gathering place for neighbors.
- Your membership dollars help pay for upgrades and maintenance for this historic building. Whitepine Grange was chartered in 1938. The building was constructed in 1961. In 2023 the Grange is still going strong! Join Whitepine Grange #102 and become part of its long, wonderful story!



Please make checks to "Whitepine Grange #102"  
 Return this form, with payment, to any Whitepine Grange officer, or mail to:

Whitepine Grange #102  
 PO Box 1313  
 Trout Creek, MT 59874