



# “Whitepine Whispers”

## News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

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February 2025

### What happens after you shoot?

## Class to teach the aftermath of a self-defense incident

Do you know what to say, do, and expect immediately after a self-defense shooting? Your actions before, during and after law enforcement arrives can very likely determine your future. A special class on Wed., Feb. 12 at Whitepine Grange will teach you the answers and leave you with something to think about.

The class, “The Aftermath of a Self Defense Incident,” is presented FREE TO THE PUBLIC by instructors from the **U.S. Concealed Carry Association (USCCA)**. The class starts at 6:30pm and runs about two hours. It is open to all.

USCCA instructors are certified, experienced and knowledgeable in the laws of the states where they teach. The goal is to teach you how to mitigate the legal consequences of a self-defense situation that involves a firearm.

Every single day Americans use their right to defend themselves and their families with self-defense. But no one talks about what to expect AFTER the event...from how the body responds to stressful events to what to say to 911 and when the police arrive.

This class covers it all so you know what to do in the immediate aftermath. For instance:

- What your body will go through during a violent attack
- Why your judgment may be clouded after a self-defense incident
- What to say to the police if you pull your gun... even if you don't fire it, 6 things that WILL happen when the police arrive
- Develop your CRITICAL self-defense response plan
- Plus: LIVE Q&A with USCCA-Certified Instructors
- What to Bring: Questions you have and materials to take notes .

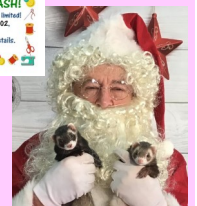
NOTE: Please arrive WELL BEFORE 6:30pm on Feb. 12 to get a seat.



Learn what to expect.

### Also in this issue:

- *Fly-tying class winds down*
- *Senior Fitness Tests coming in March*
- *Stash Sale March 1*
- *Movie Night: “Second Hand Lions”*
- *Salute to Ron Weygint*



# Make America Healthy Again!

## *It's up to you and no one else!*

By Jan Manning, Grangemaster

You've heard the hullabaloo... **Make America Healthy Again (MAHA)** is a movement that is long overdue in our alarmingly sick country. Here we are, the most prosperous place in the world, and yet the U.S. life expectancy is shorter than any other high-income country. We are fat, sedentary, and chronically sick. What a disgrace!



Fortunately it seems drastic change is on the horizon. Big Food and Big Pharma are starting to get more heat from lawmakers, health officials and the public, and the monetary incentives to KEEP us sick will hopefully diminish.

Yet we can't just blame Big Food, Big Pharma, and screen addictions for our illnesses. Health is an INDIVIDUAL choice. We can CHOOSE to eat real food vs. junk, accept or deny vaccinations, and go to the gym or glue ourselves to Facebook. If we make the wrong choices, we suffer the consequences: we live a sickly, depressing life and we die sooner. Make the right choices and we gain abundant good health so that we can ENJOY the time we have here on earth.

We need to quit assigning blame somewhere else and accept the fact that "we are what we eat," "we are what we do," and "we are what we believe."

It's absolutely true that "nothing *tastes* as good as 'thin' *feels*." (Ask me!) It's also true that no amount of money can buy back the good health you had and lost due to bad lifestyle choices. We must individually take the blame and make the initiative to heal ourselves. It has nothing to do with pills, and everything to do with what real food we eat and how much we move our bodies.

On Page 5, you can read about the wonderful "Senior Fitness Test" the Grange is administering next month, free of charge, to seniors 60 years and older. Choose one of the three test dates and commit yourself to showing up. Testing is easy and fun and only takes about 30 minutes. Results will show you how you rank among your peers and what you can do to maintain or improve your normal daily physical activities.

*It just might be your first drop of water from the Fountain of Youth.*

"We are the  
keepers of our  
own healing."



## ***Congratulations to Kerri Cobb on her new position***

The Grange is pleased to have Kerri Cobb serving a new term on its executive committee. This lady is a go-getter with a big heart and lots of enthusiasm for helping her community. Her experience and knowledge of finance and real estate are invaluable.



**Kerri Cobb**

Kerri and her husband moved to Thompson Falls not too long ago from northern California. She says they feel blessed, like so many of us, to have discovered the Last Best Place.

Her background encompasses retail management, bookkeeping, real estate, banking, and community activism. She recently was appointed Consumer and Business Lender at Valley Bank in Thompson Falls.

Kerri discovered our Grange's fitness classes last fall and became a regular. While she can no longer fit our 9am classes into her work schedule, she is anxious to stay active behind the scenes in our Grange. She's a wonderful organizer with fresh, practical ideas on how Whitepine Grange can continue to serve this area's residents.

### **Whitepine Grange #102 Officers 2025**

<b>President:</b>	Jan Manning
<b>Vice-President:</b>	Melissa Porcaro
<b>Secretary:</b>	Patty English
<b>Treasurer:</b>	Dona Pope
<b>Executive Committee:</b>	
	Kerri Cobb, John Haakenson, Tricia Cottrell

### ***The Grange:***

***“Strengthening individuals, families and communities through service, education, nonpartisan grassroots advocacy and agricultural awareness.”***

## **February 2025 Calendar**

Sat., Feb. 1:	Beginning Rally, 10am
Sat., Feb. 1:	Fly-Tying, 1pm
Sun., Feb. 2:	Beginning Agility, 2:30pm
Sun., Feb. 2:	Advanced Agility, 3:30pm
Mon., Feb. 3:	Joy of Movement, 9am
Mon., Feb. 3:	Knitting for Beginners, 2pm
Wed., Feb. 5:	Rough & Rowdy Dogs, 10:30am
Wed., Feb. 5:	Rally practice, 1pm
Thurs., Feb. 6:	Joy of Movement, 9am
Fri., Feb. 7:	Sew Day
Sat., Feb. 8:	Rally Class, 10am
Sun., Feb. 9:	Beginning Agility, Week 2, 2:30pm
Sun., Feb. 9:	Advanced Agility, 3:30pm
Mon., Feb. 10:	Joy of Movement, 9am
Mon., Feb. 10:	Exec. Committee, noon
Mon., Feb. 10:	Knitting for Beginners, 2pm
Wed., Feb. 12:	Rough & Rowdy Dogs, 10:30am
Wed., Feb. 12:	Rally practice, 1pm
Thurs., Feb. 13:	Joy of Movement, 9am
Sat., Feb. 15:	Rally Class, 10am
Mon., Feb. 17:	Joy of Movement, 9am
Mon., Feb. 17:	Knitting for Beginners, 2pm
Tues., Feb. 18:	Self Protection Class, 6:30pm
Wed., Feb. 19:	Rough & Rowdy Dogs, 10:30am
Wed., Feb. 19:	Rally practice, 1pm
Thurs., Feb. 20:	Joy of Movement, 9am
Thurs., Feb. 20:	Movie “Second Hand Lions,” 6:30p
Fri., Feb. 21:	Sew Day
Sat., Feb. 22:	Rally Class, 10am
Sun., Feb. 23:	Beginning Agility, Wk 3, 2:30pm
Sun., Feb. 23:	Advanced Agility, 3:30pm
Mon., Feb. 24:	Joy of Movement, 9am
Mon., Feb. 24:	Knitting, 2pm
Tues., Feb. 25:	Grange Members Meeting, 6:30p
Wed., Feb. 26:	Rough & Rowdy Dogs, 10:30am
Wed., Feb. 26:	Rally practice, 1pm
Thurs., Feb. 27:	Joy of Movement, 9am
Sat., March 1:	Stash Sale, 9am to 2pm

**Movie Night**  
**at Whitepine Grange:**  
**"Second Hand Lions"**

**Thurs., Feb. 20. 16, 6:30pm**

**Admission: FREE**

**Open to Grange members & friends!**

## Hats off to Kevin Hill!

If you've ever been to an auction around here, you are familiar with the voice, face, humor and goodwill that belong to Trout Creek auctioneer Kevin Hill.



Farm and estate auctions are his stock and trade, but Kevin most enjoys the local fund-raising auctions **where he generously volunteers his services** for worthy causes like the annual "Redneck Ball," which raises money for the Trout Creek Community Improvement Association. (This year's Redneck Ball is March 1 at the Lakeside in Trout Creek.)

Kevin is also a licensed electrical contractor. He recently **donated his time, services and supplies to install lots of additional outlets at the Grange**, which were sorely needed by the sewing ladies who occupy the Grange two days a month. We're so grateful to Kevin, and also want to thank his wife Pat (a sewing lady) for putting the bug in his ear! We're proud to have them both as Grange members!

**Hey Crafty People!!**  
 (Quilters, beadars, leatherworkers, jewelry makers, scrapbookers, glass artists, crafters of all kinds)

*3rd Annual*  
**STASH SALE**

**Sat., March 1, 9am to 2pm**  
**Whitepine Grange**

Clean out your closets, bins & totes, and get  
**CASH for your STASH!**

Reserve a table NOW....Space is limited!  
 Call the Grange, 406-827-0102,  
 and leave a message.  
 We will get back to you with details.

**SELF-DEFENSE  
 AFTERMATH  
 WORKSHOP**

As a responsible gun owner, you're prepared to defend yourself with deadly force. But what are the consequences of a self-defense shoot? What should you say to 9-1-1? What should you say and do when the police arrive? What should you expect when you are taken into custody? Learn the answers from legal experts! Presented by USCCA (U.S. Concealed Carry Association).

**FREE TO THE PUBLIC**

**Wednesday, February 12, 6:30pm**

Whitepine Grange in Trout Creek, MT

*Whitepine Grange is at the corner of Hwy 200 & Faro Lane, near MM38, between Thompson Falls and Trout Creek.*

# Senior Fitness Testing comes to the Grange in March!

Yogi Berra said it best: *"If you don't know where you're going, you'll end up someplace else."*

That's why it's so important for seniors, ages 60 and over, to take stock of their current fitness level and assess how they "measure up" to their same-age peers. The effects of aging (stiff joints, instability and lack of flexibility) are inevitable, but the pace at which we age is controllable if we know where we're starting from. Much of the usual age-related decline in physical fitness is preventable and even reversible through proper attention to our physical activity and exercise levels.

The "Senior Fitness Test," or SFT, provides you that information in a quick, easy, and painless way. In March you'll have to opportunity to take the test FREE OF CHARGE at Whitepine Grange, thanks in part to a grant from the Community Health Alliance of Missoula.

The SFT has been around for nearly 25 years and become nationally recognized for its effectiveness as a diagnostic tool for senior health. It takes about half an hour, is non-invasive, and can be done in regular street clothing and sneakers. The results will tell you what you need to work on to stay active and maintain a normal lifestyle through the coming years.

Your test starts with a few minutes of gentle stretching, followed by:

- 30-Second Sit to Stand Test
- 30-Second Arm Curl Test
- Height and Weight Check
- 2-Minute Step Test
- Chair Sit-and-Reach Test
- Back Scratch Test
- 8-Foot Up-and-Go Test
- 6-Minute Walk Test



Jim Bittinger, licensed physical therapist and Grange member, will orchestrate the testing, with help from community volunteers. Anyone wishing to volunteer on testing days is encouraged to contact the Grange, 406-827-0102. A volunteer training date and time will be set prior to the actual test dates. Training shouldn't take more than an hour.

**ALL seniors, regardless of disabilities or fitness levels, are urged to take the test. Modifications to the test will be made to accommodate various physical needs.**

The actual test can be completed in about 20 minutes per client if we have sufficient volunteers to help on testing days. Although advance registration is not necessary, please call the Grange at 406-827-0102, and let us know which of the three test dates and times you plan to come. That way, we can be ready for you.

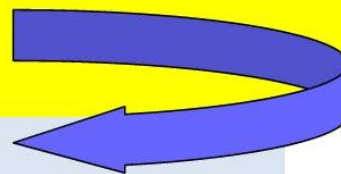
## Dates and Times for the Senior Fitness Test

- **Tuesday, March 4 at 10am**
- **Tuesday, March 11 at 2pm**
- **Tuesday, March 18 at 6pm**

Do you need a ride? Let us know.

406-827-0102

*Calling all adults 60-94 years young!*  
*Whitepine Grange #102 presents...*



The  
**SENIOR**  
**FITNESS**  
**TEST**

How do you  
 measure up??



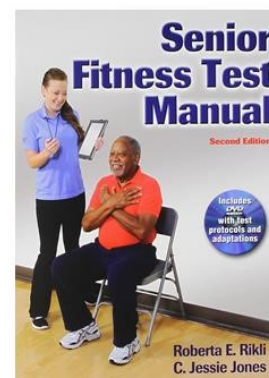
Whitepine Grange #102 (in Trout Creek) is sponsoring a **FREE** nationally known **SENIOR FITNESS TEST** to everyone between the ages of 60 and 94 years of age. The test involves 7 simple, non-stressful exercises to measure your age-appropriate strengths and challenges. The test takes about an hour. It is administered by health/fitness professionals at the safe and comfortable Whitepine Grange building. The goal is to give you an idea of the things you're doing well and the things you need to work on, like balance, leg and upper body strength, flexibility and more, to help keep you safe and healthy in the coming years.

**The test is FREE TO ALL**, thanks to a grant from the Community Health Alliance of Missoula. No purchase is required. Wear comfortable clothing and stable shoes. All participants receive a certificate and a prize!

### 3 Testing Dates!

1. Tuesday, March 4, 10am
2. Tuesday, March 11, 2pm
3. Tuesday, March 18, 6pm

To reserve a time, just call the Grange, 406-827-0102, and leave us a message saying **which day** you will be there. Please leave your name and phone number.



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

# Best wishes, Santa!

For the past many years, Ron Weygint of Thompson Falls has played Santa for fund-raising photo shoots, not only for Whitepine Grange but also for other nonprofit groups.

In this role, he's been licked by ferrets, slobbered on by howling babies, and given the side-eye by many a dog. But he's also been kissed, hugged and adored by wide-eyed kids who still know the magic of sitting on Santa's lap.

In addition to his Santa duties, Ron has also taught fly-casting and fly-tying classes for the Grange, volunteering his time and expertise to share his passions.

Ron and wife Linda have been Thompson Falls residents for 20 years, and are now planning to move back to western Washington (Ron retired from Boeing) to be closer to family.

The Weygints will be missed by many folks from their Cherry Creek neighborhood and all the way through Sanders County. Whitepine Grange wishes to thank them for all they've done for the community, and we wish them all the best in this new chapter of their lives!



**Ron Weygint with friends**



# Nice looking Woolly Buggers!

It started last September when the Grange won a substantial grant from the **Rural Life Initiative (RLI)** organization. The grant provided funding for a community fly-casting class taught by Sarah Poiesz and Ron Weygint, with help from Luke Miller and other volunteers.



The RLI grant also sponsored a FLY-TYING class which was conducted at the Grange over the past few weeks. Five lucky individuals signed up for the class and got training from two of the best fly-tyers in the area: again, the team of Ron Weygint and Luke Miller.

The class included fly-tying kits for each participant and provided a start toward a lifetime hobby.



**Above: Mike Sancrant, Alex Bullington, Gail Soper, Sherri and David Luick get assistance from Luke Miller and Ron Weygint.**

**Right: Master fly-tyer Ron Weygint leads his students through the process of creating a "Woolly Bugger."**



# 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