



"Whitepine Whispers"

News of Whitepine Grange #102

9 Faro Lane, Trout Creek, MT 59874

Published by Friends of Whitepine Grange

March 2026

Busy Spring sprouts new programs at the Grange!

This issue is PACKED with new activities and events happening at Whitepine Grange in March and April.

We have programs for everyone in your family. Read on!!

Senior Balance/Fall Prevention Class kicks off in April

Approximately 14 million, or 1 in 4 Americans aged 65 and older, fall each year, making falls the leading cause of fatal and non-fatal injuries for seniors. These incidents result in over 3 million emergency department visits annually, and as of 2023, more than 41,000 seniors died from fall-related injuries.

Key statistics regarding senior falls include:

- **High Incidence:** Over 36 million falls are reported among older adults in the U.S. annually.



- **Frequency:** More than one in four older adults reports falling each year.
- **Severity:** Roughly 37% of those who fall report an injury requiring medical treatment or restricted activity.
- **Mortality/Hospitalization:** Falls caused over 38,000 deaths in 2021. Roughly 1 million older adults are hospitalized annually due to falls.
- **Rising Trend:** Over the past decade, fall-related deaths have increased by 53%, while emergency department visits have risen by 43%.

Fall risks are often linked to factors such as muscle weakness, poor balance, vision loss, or hazards in the home.

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Yee-Haw! Spring Fling dance on Sunday, April 19

Grab your dancing' duds and get ready for another big Sunday afternoon dance party at Whitepine Grange on Sunday, April 19.

Once again, the popular "Western Sky" band will provide live music for two-steppin', waltzes, polkas and everything in between. The event runs from 1 to 4pm. No admission charge, and the public is welcome. This is a family friendly event, so no alcohol!

If you could use some dance instruction, show up at 1pm. Greg Palmero and Charlie Patalon will be

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Pine needle basketry class to start May 7 at the Grange

A pine needle basketry class taught by Jan Fryer of Noxon will start at Whitepine Grange on Thurs., May 7, at 6pm. The class will meet for four consecutive Thursday evenings. Space is limited, and those interested should contact Jan Fryer for registration details. **509-784-1806.**



THANKS FOR THE VOTE OF CONFIDENCE!

By Jan Manning, Whitepine Grange president

Thank you to all of you who renewed your annual Grange memberships for 2026! Without you, Whitepine Grange could not be the multi-purpose community center it has become for the residents of Trout Creek and the rest of western Sanders County.

We ESPECIALLY want to thank those of you who renewed, even if getting to Grange events was difficult. Your renewals are votes of confidence that Whitepine Grange is on the right track. Your membership renewals help us qualify for grants that spread goodwill throughout our neighborhood and county. They also help support the Montana State Grange and National Grange, both of which are continuing the work of a vital organization (National Grange) that's been looking out for the best interests of our rural populations for more than 160 years!

We lost a few members this year, primarily because of a downed economy. It was inevitable. Still, those of you willing to fork over \$40 for an individual membership (or \$75 for a family membership) were the people we especially want to thank. You truly are investing in your community by supporting Grange, whether with membership, donations, or volunteering for projects.

If you missed the renewal window for 2026, it's never too late. You can still send a check for \$40 (individual) or \$75 (family membership) and get immediately reinstated. Checks may be made to Whitepine Grange 102 and mailed to PO Box 1313, Trout Creek, MT 59874. Better yet, bring them to an upcoming meeting and help us celebrate this new and modern Grange!

Not your granddad's Grange anymore.....

If you grew up around a Grange a few decades ago, you no doubt remember the ritualistic opening and closing ceremonies at each meeting. You remember standing before a group of folks adorned in sashes and repeating a lengthy and wordy oath swearing your allegiance to Grange.

While those rituals all had great historic significance dating back to the Grange's formation 160 years ago, they have lost some relevance in the modern world. That's why the National Grange is piloting a new program that eliminates these burdensome rituals for community Granges that wish to do so.

When Whitepine Grange re-opened six years ago, we tried the ritual format for about three meetings, and then abandoned it because members found it a waste of time and stopped coming. That sabotaged our whole reason for existing, because we needed everyone's support to pursue our mission as a community center.

Our Grange was a bit of a renegade at that point. But it was hard for everyone (State and National Grange included) to argue with the growth we were experiencing and the community goals we were achieving. Today the National Grange realizes that changes like this are necessary to keep "Grange" viable in a much more modern, streamlined world.

Some Grangers may miss the rituals of the past. But, as Bob Dylan would croon, "*The times, they are a changin'.*" Today's Grange is not your granddad's Grange. It's even better.

If ritualistic recitations, marching around a room, and referring to Grange officers as masters, overseers, and lecturers turned you off to Grange, **we cordially invite you to come back and see what our meetings and events are like today.** They are casual meetings with friends and neighbors, potlucks, parties and family events where we all work on ways we can better the lives of each other, the community, and the world. **Welcome to the Grange of today and the future!**

March-April Schedule at Whitepine Grange

Mon., March 16	Joy of Movement, 9am	Wed., April 8	Rough & Rowdy Dogs, 10:30
Tues., March 17	Bemer sessions	Wed., April 8	Bemer sessions
Wed., March 18	Rough & Rowdy Dog Class, 10:30am	Wed., April 8	Motley Crew Cloggers, 3pm
Wed., March 18	Motley Crew Cloggers, 3pm	Thurs., April 9	Joy of Movement, 9am
Thurs., March 19	David Thompson History Class	April 12-17: Sewing/Quilting Retreat	
Fri., March 20	Sew/Quilt all day	Sat., April 18	Highway Cleanup, 10am
Sat., March 21	Sourdough Bread Class noon to 4pm	Sun., April 19	Grange Hall Dance, 1pm
Mon., March 23	Joy of Movement, 9am	Mon., April 20	Joy of Movement, 9am
Mon., March 23	Meet the Candidates (pending)	Mon., April 20	Senior Balance Class #1, 10:30am
Tues., March 24	Bemer sessions	Mon., April 20	Drum Class #1, 4pm
Tues., March 24	Community Potluck, Drum Program 5:30	Tues., April 21	Bemer sessions
Wed., March 25	Rough & Rowdy Dogs, 10:30am	Tues., April 21	Wildlife Management Class, 6pm
Wed., March 25	Rally Dogs 1pm	Wed., April 22	Rough & Rowdy Dogs, 10:30am
Wed., March 25	Motley Crew Cloggers 3pm	Wed., April 22	Rally Dogs, 1pm
Thurs., March 26	Joy of Movement, 9am	Wed., April 22	Motley Crew Cloggers, 3pm
Sat., March 28	Stash Sale, 10am	Thurs., April 23	Joy of Movement, 9am
Mon., March 30	Joy of Movement, 9am	Thurs., April 23	Soil Health Class, 5pm
Tues., March 31	Bemer sessions	Sat., April 25	Dahlia Swap
Wed., April 1	Rough & Rowdy Dogs, 10:30am	Mon., April 27	Joy of Movement, 9am
Wed., April 1	Rally Dogs, 1pm	Mon., April 27	Senior Balance Class #2, 10:30am
Wed., April 1	Motley Crew Cloggers, 3pm	Mon., April 27	Drum Class #2, 4pm
Thurs., April 2	Joy of Movement, 9am	Tues., April 28	Bemer sessions
Fri., April 3	Sew/Quilt all day	Tues., April 28	Community Potluck, 5:30pm
Sat., April 4	Private Party	Wed., April 29	Rough & Rowdy Dogs, 10:30am
Mon., April 6	Joy of Movement, 9am	Wed., April 29	Rally Dogs 1pm
Tues., April 7	Bemer sessions	Wed., April 29	Motley Crew Cloggers, 3pm
		Thurs., April 30	Joy of Movement, 9am

Senior Balance Class starting

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This is why Whitepine Grange is launching a "Senior Balance Class" starting Monday, April 20, at 10:30am. This class, taught by licensed physical therapist Jim Bittinger and fitness coach Jan Manning, promises to markedly improve your balance and help you reach YOUR individual balance goals over the six weeks of the class.

Regardless of your current fitness level or balance challenges, your personal needs will be addressed with a homework program tailored just for you. Evaluations and assessments will be taken at the beginning and end of the six-week session. Because of this individualized approach, **class size is limited to six participants.** The fee



for the entire program is \$20, which includes a comprehensive take-home book on Senior Balance Exercises. Interested in this program? Call Whitepine Grange at 406-827-0102 and leave a message, or email whitepinegrange@gmail.com.

Improve your balance, improve your life!

Scholarship deadline is April 15

If you're a 2026 graduating high school senior seeking money for trade school or college tuition, get your application in to Whitepine Grange by April 15, and you may be chosen for the \$1,000 scholarship.

This scholarship is for any Sanders County student who best meets the requirements of the Whitepine Grange Scholarship Committee. We are looking for an individual who plans to pursue some form of continuing education with an agricultural slant (and that covers a lot of territory). We also want our scholarship winner to be a member of Whitepine Grange. It's not too late to join. Membership is \$40, and the membership form is on the last page of this newsletter. Send it in right away, and you'll still have time to fill out the scholarship packet.

EXCEPTION: If you are currently active in 4H or FFA, your Grange membership fee will be waived! Simply include some documentation in your scholarship packet, and we will AUTOMATICALLY grant you a one-year Grange membership!

The scholarship application packet can be found on our Grange website (www.whitepinegrange.com/about). If you have questions, please email us at whitepinegrange@gmail.com.

Hurry! Your \$1,000 is waiting for you!



Whitepine "Different Drummers" project launches April 20

WANTED: Ten kids, ages 8-12, to inaugurate a new musical program sponsored by Whitepine Grange. They will be referred to as the "Whitepine Different Drummers."

What's different is the kind of drum they'll be learning to play. It's a steel tank drum, about the size of a pie plate, that is designed to play all eight notes of the musical scale when each "tongue" on the drum's surface is struck lightly with a mallet or a finger.

No prior musical training is required because these "tongue drums" are easy to play. However, the drummers will learn a little music theory, rhythm and timing as they begin to play tunes together.

The "Different Drummers" project starts with a six-week class, meeting every Monday at 4pm at Whitepine Grange. After six weeks, students will have the chance to continue in the drum choir and begin performing, as a group, throughout the community.

Thanks to generous grants from the Montana Arts Council and the Headwaters Foundation of Missoula, this program is offered FREE to qualifying students.

"This is going to grow into a large program," says Jan Manning, Whitepine Grange president. "We plan to



make the Different Drummers a permanent fixture and trademark of Whitepine Grange. Not only will we be teaching music skills, but we'll be out there performing in the community for folks who will truly appreciate the healing music produced by these unique instruments."

On Tuesday, March 24, you'll have a chance to see and hear a few of these "different drummers" as they become formally introduced to their instruments. The program will start immediately after the Grange Potluck at 5:30pm. The potluck and program are open to the public at no charge.

Notices have been sent to Trout Creek School, Sanders County Homeschoolers, and the Trout Creek Adventist school. These children will have priority when choosing the first 10 participants. After the initial six-week class, the program will open to more age groups including adults.

"This program is unique and very exciting," says Manning. "Trout Creek is about to become the 'tongue drum capital' of Montana."

HEY, CRAFTERS! IT'S TIME TO UNLOAD THOSE TOTES!

Are you a crafter with too many supplies in your totes?

Maybe you want to get started in a craft but find that supplies are unaffordable for you?

Here's the solution to both: **the "STASH SALE" at Whitepine Grange on Sat., March 28, from 9am to 2pm. Crafters can rent tables for \$15** and swap or sell their extra inventories of beads, buttons, yarns, quilting books, fabric, jewelry findings, paint supplies and more. For cheap!



Meanwhile, would-be crafters can find the items they need to get started, at bargain prices!

Best of all, you'll find all your crafty friends

together for a good time as you exchange goodies and laughter.

At time of publication, there are still several tables left to rent. Call Linda Yeargin, event coordinator, at 406-847-0089 to reserve a spot.

Whitepine Grange Officers 2026

President: Jan Manning
Vice-President: Kate Comunetti
Secretary: Patty English
Treasurer: Dona Pope

Executive Committee:

Kerri Cobb, John Haakenson, Juanita Triplett

alzheimer's  association

24/7 Helpline
800.272.3900



Free Community Event

Sourdough Baking Class

Instructor Laura King

Learn the Basics of Baking with Sourdough Starter

Saturday, March 21st

1 to 3:30 p.m.

Whitepine Grange
 9 Faro Lane, Trout Creek, MT

Please RSVP
GFWCTFallsmt@gmail.com
 to reserve your spot

Sponsored by the
 Thompson Falls Woman's Club



Kaniksu Land Trust to present educational series at Whitepine Grange

Want to learn more about David Thompson? Soil health? Forest stewardship? Wildlife management? Educators from the Kaniksu Land Trust have a series of fascinating one-night classes prepared just for you.

Thurs., March 19, 6pm: History of David Thompson

Tues., April 21, 6pm: Wildlife of Sanders County

Thurs., April 23, 6pm: Soil Health Workshop

Mon., May 4, 6pm: Forest Stewardship

All classes are free and open to the public. Pre-registration is suggested. Call the Kaniksu Land Trust's office in Thompson Falls at (406)827-0487.

All classes will be held at Whitepine Grange, located at the corner of Hwy 200 and Faro Lane, near MM38 between Thompson Falls and Trout Creek.

All because of dogs...

Whitepine Grange's comeback since 2020 can be accredited to...**DOGS!** Back then, Jan Manning was looking for a place to hold dog training classes, and the vacant Grange building seemed like a good spot.

She began scheduling dog classes there and donating all proceeds to the Grange, which got the ball rolling toward \$160,000 worth of renovations to the basically abandoned building. The Grange is now a modern, attractive building that hosts a multitude of community events.

Dogs still play a vital role at the Grange. Wednesday's dog training classes include a drop-in socialization/manners class known as "Rough & Rowdy." Following that are Debbie Mason's "Rally Obedience" classes. And on Sundays during the winter, Manning holds indoor dog agility classes.

For info on any of the Grange's dog training classes, contact Jan at whitepinegrange@gmail.com, or Debbie Mason at mooseduds@blackfoot.net.

Spring Fling Dance April 19

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offering free dance lessons.

Coffee, tea and lemonade will be served, along with popcorn and homemade goodies.

The Grange wants to thank the "Western Sky" band (Dave and Deb Oliver, plus Keith Meyers) for donating their time to this community event and so many others. We are truly blessed to

enjoy their talent and generosity. Even if you don't dance, come and listen to some great music!



Save these dates!

Thurs., March 19

History of David Thompson, 6pm

Sat., March 21

Sourdough Bread Class

Tues., March 24

Potluck and DIFFERENT DRUMMERS

Sat., March 28

"Stash Sale," 10am to 2pm

Sun., April 19

Grange Dance, 1-4pm, w/"Western Sky"

Mon., April 20

Senior Balance Class, 10:30am

Whitepine Different Drummers, 4pm

Tues., April 21

Wildlife of Sanders County, 6pm

Thurs., April 23

Soil Health, 6pm

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

Grange cloggers debut at Redneck

It's official! The Whitepine Grange cloggers are now performers, having debuted at the annual Redneck Ball in Trout Creek.



Sandy Akins, Rusti Leivestad, Kali Kandel and Jan Manning, temporarily billed as the "Motley Crew Cloggers," entertained a wildly receptive crowd at the event, performing two numbers they'd been practicing on Wednesdays at the Grange for the past several months. Of special note was 10-year-old Kali who cartwheeled onto the stage for her solo in "Cotton-Eyed Joe."

With their first official performance under their belts, the cloggers will continue to practice on Wednesdays at 3pm at the Grange. They hope to recruit more dancers for the troupe. No previous dance experience or training is necessary, but you will need good sense of rhythm.

They're also anxious for gigs, so contact them if you'd like a performance at your venue.

They're not **great** yet, but they do have a **great time!** Join them! For more info about the clogging classes at Whitepine Grange, contact Jan at 406-827-6385.

Join Whitepine Grange today!

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

___ New Membership ___ Renewal

Individual Membership: \$40/year Family Membership: \$70/year

Name: _____ Veteran? _____

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 _____

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, kid-friendly activities, 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, and also for the many community programs designed for you, your family and neighbors. Whitepine Grange was chartered in 1938. In 2026 the Grange is still going strong! Join Whitepine Grange #102 and become part of its enduring and 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

For Family Memberships:

Spouse/Partner's Name _____ Veteran? _____

Mailing Address _____

City _____ State _____ Zip _____

Date of Birth ____/____/____ Phone _____

Email (please print clearly) _____

Children:

_____ Date of Birth ____/____/____

_____ Date of Birth ____/____/____

_____ Date of Birth ____/____/____

_____ Date of Birth ____/____/____