



The Grange Gazette
 Rainbow Valley Grange #689
 2160 Rainbow Valley Blvd.
 Fallbrook, CA

Mail to:
 210 W. Vermont Ave., #106
 Escondido, CA 92025

*Next meeting: Saturday,
 June 9, 2007*
*San Diego County Fair
 June 8—July 4th
 See inside for more info.*

Good of the Order

If you are planning on selling your home in the near future, see Master Ed Kowski about possible monetary savings when buying a home valued at more than your present home.

If you have any information that would benefit your fellow Grangers, please let us know so we can place it here in future issues.

If you move, please notify the Grange Secretary.

Upcoming Dates

- June 8-July 4—San Diego County Fair
- July 4-8th—State Grange Family Camp
- August 10-12th Southern District Jamboree
- August 17-19th—
Western Regional Conference
- October 10th-13th—
California State Grange Convention

Watch for details inside and in upcoming newsletters.



GRANGE GAZETTE

Of Rainbow Valley Grange

Volume 1, Issue 6/7

June/July 2007

JUNE

June 8th- July 4	San Diego County Fair (see Youth Fair Team column for animal showing dates)	Del Mar Fairgrounds	Su-Th 10am-10:00pm F-Sa 10am-11pm
June 9th	Junior Grange meeting Community meeting	Grange Hall " "	4:30 pm 5:30 pm

JULY

July 14h	Youth Fair Team meeting Junior Grange meeting Community meeting	" " " " " "	3:30 pm 4:30 pm 5:30 pm
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From the Top

Ed Kowski, Master

This month there is a buzz - it's Fair Time - Yup our youth and parents are busy getting animals, campers & vacation time together. If you are interested in an auction animal please let us know; we have Goats & a Steer that we hope get many bids. These are quality feed animals and your auction dollar goes to support the youth of our community, so come on out and purchase one of our

youths many available animals. The auction is on Saturday, June 30th. If you want to come, let us know, (760)310-6500, and we'll reserve tickets for you at the gate.

The hall is off to a great start of fixing & cleaning - The Duncels & Fontana's have been painting and decorating the bathrooms; the ladies room sink has been replaced and it really looks great. Thanks for all your help.

We have a work day scheduled for June 9 starting at 10 and will last all day. Come for the day or come for a few hours - we will be addressing the sprinklers and other issues.

Welcome to Robin Dixon who was obligated at our May meeting. (Her daughter, Equestrian team member Lauren Gilbert, moved up to the community Grange from the Junior Grange in December.)

Until next time,

Ed



Maddie Varvel and her steer.

Grange Report

Lucette Moramarco, Secretary

we're sorry it got out so late. Ed and Cynthia Komski are kind enough to provide the printing/copying of it, free of charge, and they were having copier problems. Sometimes a delay can't be helped...A BIG THANK YOU to Ed and Cynthia for donating their time and materials for our full color Gazette!

Second, due to the length of the San Diego County Fair and the fact that Suzy, our Mom and I are going on an Alaskan Cruise the last week of June, we decided to have this newsletter cover both June and July. In August's issue we will have a full report of the Fair as well as all the details on that month's activities.

At our May meeting, we voted to contribute \$100 to Ramona Grange to help with the expense of having a new ramp built for its

hall which is not currently handicapped accessible. At the Pomona meeting, the following Saturday, it was suggested that Ramona's secretary look into having a Boy Scout build the ramp as his Eagle Scout project. (Pomona is the county-wide level of Grange.) We hosted the meeting here at Rainbow and, thanks to Master Ed and Bob Lathrop, provided lunch afterwards.

Our first Rainbow Days Pancake Breakfast was enjoyed by those who attended. We would have liked to have had more than 33 customers but it was good to see all the volunteers who came out to help. Thanks go to head cook Sandi Fontana, her kitchen crew of Tracy Lathrop, Tammy & Maddie Varvel, Ingrid Dunckel and Shannon Beach, and the table helpers Sarah Fontana, Jenna Lathrop, Lauren Gilbert, Kalyn Beach, Kevin Fontana and Chris Dunckel. (Tammy and Shannon aren't even Grangers, so their help is especially appreciated!)

Community Service

Lucette Moramarco

Our Bake Sale at the Rainbow Days Picnic was a modest success. We made \$50 which, although not quite half as much as last year, is still better than in most years past and not bad considering there were not as many people there as last year. Thank you very much to Nancy and Suzy Moramarco and Jeannette Duarte for doing the baking.

There is a correction to the total of the Bake Sales at the Horse and Livestock Shows. We did not realize that all the money from the Horse Show Bake Sale was still in the cash box

at the beginning of the Livestock Show so we counted it twice in the total. We actually made \$104 altogether, not \$104 plus \$47. So our Convention Expenses fund is now up to \$154.



Longtime Grange members, Laurie Cuellar with daughter and Jeannette Duarte at Rainbow Days Picnic.

Rosalind Donoghue has cooked and our decorators, Sandi and Ingrid have done our breakfasts! The Grange is indebted to all and that also goes to those who helped them! Did you know that no matter the "chore" the more you put into it, the more you get out of it? I hope all those ladies, plus Ed and Bob, Tim and Dave, Chris and Brendan and the rest of you, enjoy the fruits of your labor as much as we do!

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should remind one to prune idle thoughts and sinful suggestions, and thus keep your passions within due bounds and prevent your fancy from leading you astray after the vanities and vices of the world.

The sickle is the emblem of autumn or the harvest season. This implement proves a reminder of honorable employment preaching its sermon of present prosperity and peace, and its prophecy of future plenty and rejoicing.

Sick or in distress

Continued get well wishes for
Dick O'Brien,
Bev Sosin and Florence Dean.

Your Ad Here!

Selling something,
Need something,
Let everyone know

Your Photo Here

We will print photos of
your vacation, field trip,
etc. here!

GWA REPORT

(Grange Women's Activities)

Nancy Moramarco, GWA Chairman

Hats off!! Hats off to Sandi Fontana and Ingrid Dunckel for beautifying both restrooms! What a good job! We also doff our caps to Tracy Lathrop for taking over cooking our dinners!

The Grange Gazette
of Rainbow Valley Grange

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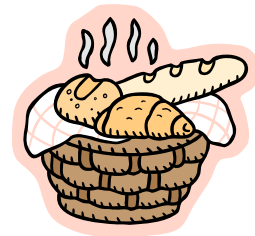
Jenna's Bread

Cinnamon/Raisin Swirl (\$4.00)
 Garden Herb (\$4.00),
 Honey Wheat (\$3.00)
 Whole Wheat (\$3.00)
 Honey Bran English Muffins
 (\$3.00 per doz.)

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 strawberry, boysenberry and apricot.

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 and I will get it to you ASAP! Thanks!



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 Jill 760-451-5000

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For Sale

2 registered Boer Doelings
 Show, Pet, Weed eaters
 Cynthia 760-803-2777

For Sale

Lionhead bunnies
 Ready middle of March
 Cynthia 760-803-2777

Camera Batteries Available

If anyone has an old camera that uses lithium
 batteries (CR123A/3V123), call Lucette –
 (760)489-9502. I have two of them that I
 bought a year ago when I thought my old cam-
 era just needed a new battery. It turned out
 that the winding spring was broken. So, I have
 two good batteries that I don't need and are
 free to whoever can use them.

Free to Good Home

2 Potbellied Pigs
 Must stay together
 Cynthia 760-803-2777

Home on the Grange

Youth Fair Team

Ingrid Dunckel, GYF Team Leader

Hello,

Missy and Keira were our only kids to
 compete at the Youth Fair at the high school.
 Both girls went on to the master showmanship
 class, with Kiera taking 1st place and Missy
 taking 2nd in their age groups. The girls did a
 fantastic job showing their market goats, and
 Missy showing her dairy goat.

Kiera had fun showing the dairy goat
 and I think she would like one now!!! Both
 held on to the lambs they had to show, and
 the pigs are fun to watch. I hope to have a
 bigger group show at Youth Fair next year; it
 is nice that it is in town.



Kiera and Missy at Fallbrook Youth Fair

Missy, Sarah and Jenna also went to
 the show in Victorville, in May, and did very
 well. They earned lots of blue ribbons,

champion ribbons, and had lots of laughs
 during the open show. (Ask them how to show
 a baby Nigerian dwarf). It was a long
 weekend, but fun in the hotel and eating
 out. Thank you Tracy for doing the work on
 that show.

I hope everyone is getting ready for the
 fair. It is fast approaching and for some it is
 this week! Good luck to the ladies who are
 showing their Boer does, we look forward to
 hearing the results from them. The show is
Sat. and or Sun., the 9th and 10th.
 Cynthia, Tracy and Sandi are showing. Come
 down and support them.

Starting on the **12th** we have pygmy
 goat week, with Sea Jay and the Donoghue
 family showing, then the horses on the **19th**
and 20th, with Missy, Lauren, and Kalyn
 showing, breed week is also that week, with
 the Dunckels,

The week of the **25th** is Market
 week!! We have 6 market goats going down
 and one steer this year. Please come down
 and support the kids for all the hard work they
 have done, and of course come to the auction
 on **June 30th**. If anyone is interested in an
 animal... please let me know, I can help!!

Fair info has been handed out to the
 families for the camping, parking etc. We will
 be having dinners, movies and lots of fun
 camping at the fair again. The group has
 been working on the educational panels for
 the barn presentation; come check out the
 display somewhere around the old jockey
 quarters. We will have one up for all three
 weeks, with info on breeds and products from
 breeds. I am very proud of all the kids. They
 have worked very hard with their

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(Youth Fair Team Continued from page 3)

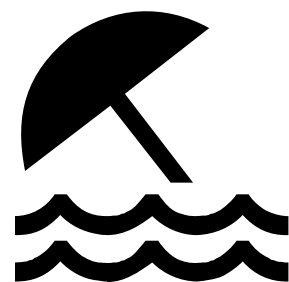
animals. Good luck to each and every one of them!!

Missy will be going to the east coast right after fair, on July 7th. She is going to the University of Maryland for two weeks with the AG Discovery Program. It is thru the USDA, and there are five campuses throughout the US. The kids will have the opportunity to work with animals, plants, Lab work, field trips, etc. while living in the dorms on the campus. The kids had to apply, get recommendation letters and then be chosen to go. I am very proud of her for wanting to go. Thanks to all those who wrote letters and encouraged her. She is looking forward to it, and will give a report when she gets back.

I hope each family has a wonderful summer, with the fair, vacations, (Hawaii!!! and Alaska!!!), hanging at the beach, and then of course getting ready for school again! I

look forward to sleeping in and no goats to milk!! Thanks to all for a wonderful year, and I look forward to the same next year.

Let me know if I can be of any help to you for the auction, and stay tuned to when our next meeting is and our events in August, B.B.Q and Jamboree to name a few. See you all at the fair, **Ingrid Duncckel 760-728-1698**. Call me if need anything.



Crafts that Cure

(from Ladies Home Journal, April 2006)

Crafting offers people more than just a creative outlet, according to Nancy Monson, author of *Craft to Heal*. Quilting, scrapbooking and cross-stitching are also ways to soothe yourself emotionally. "Crafting allows you to take a step back and focus your attention on some-

thing other than your mood," Monson explains. She also found that certain crafts work better to help you cope with particular emotions. Check the chart below for the results of her research so you can fine-tune your feelings fix.



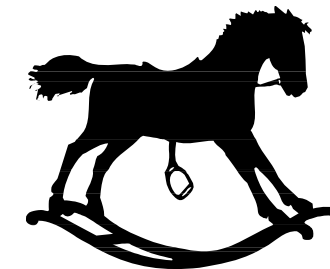
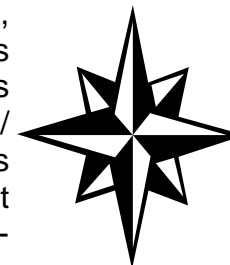
—Kimberly Papa

MOOD	CRAFTING CURE	WHY
Sadness	Drawing or Painting	Bright colors can have mood-boosting effects, and art can help you release negative feelings.
Anxiety or Stress	Knitting	Repetitive, rhythmic movements promote relaxation, and the meticulousness of counting stitches focuses concentration, thus distracting you from your troubles.
Anger or Frustration	Sculpting	The physically demanding work can help release your feelings of aggression safely.

Junior Report

Suzy Moramarco, Junior Leader

No meeting was held last month as only three members were in attendance. However, at the Community meeting, plans were made for our yearly Jamboree. It will be August 10– 12th. Registration and welcoming activities will start on the 10th, Friday evening. The main activities on Saturday and Sunday will include spinning wool, leather tooling, and goat-milk soap making. If you have any ideas for other arts and crafts or entertainment, please let me know. This is a sleepover camp. There is plenty of room next to/ behind the grange for tents and RVs. For those that prefer, space is also available inside.



Rainbow Valley Grange Thrift Store

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Lecturer's Notes

Suzy Moramarco, Lecturer

Those of you who have attended meetings have heard mentioned the four seasons on which much of the ritual of the Grange is based. The implements referred to in the opening of the Grange are ones used on a farm during the course of the seasons. Although you may know the basic use of the tools, each one provides a lesson for the workers of the field. The following information is from the Subordinate Grange Manual, which contains the ritual for the first four degrees of the Grange. Each degree represents one of the four seasons and its corresponding stage of life: childhood, youth, manhood and old age.

The springtime tools are the ax, plow, harrow and spade. The use of the ax teaches us perseverance in overcoming obstacles; for, as by repeated blows it cleaves its way

through the hardest wood, so should we by repeated trials surmount every difficulty. The use of the plow should teach us to drive the plowshare of thought diligently through the heavy soil of ignorance, and thus prepare the mind for the growth of knowledge and wisdom. The use of the harrow (used to pulverize the soil as well as to cover the seed) is emblematic of that course of study and observation necessary to enable you fully to understand your business. The spade is the emblem of thoroughness – whatsoever you attempt to do, strive to do it well.

The summer emblems are the hoe and pruning knife. The hoe is emblematic of that cultivation of the mind which destroys error and keeps our thought quickened and ready to receive and apply new facts as they appear, thus promoting the growth of knowledge and wisdom. The pruning knife

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