



**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, August 14, 5:30pm*



# GRANGE GAZETTE

## Of Rainbow Valley Grange

Volume 4, Issue 8

August 2010



**August 6**

Pizza Sales

**Grange Hall**

4:30-7:00 pm



**August 14**

Community Grange meeting

“ “

5:30 pm



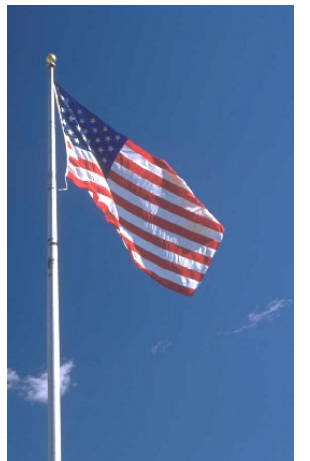
**August 20**

Pizza Sales

“ “

4:30-7:00 pm

## Rainbow Valley Grange Flag Raising



### Grange Report

Lucette Moramarco, Secretary  
(760) 489-9502, [suncette@cox.net](mailto:suncette@cox.net)

Congratulations to Madison Donoghue for winning a Grange Foundation scholarship. Madison is starting her junior year at UCSD and majoring in biology.

We had an informal meeting last month after Pizza night on July 16. We discussed some of the details of the Farmers Market, but still need to find out more information on how they are run before we make any more plans.



Andrew Donoghue gave a power point presentation on his Eagle Scout project. His advisor has recommended adding a bench or bulletin board to his installation of a flagpole in front of our hall, either of which we would love to have.

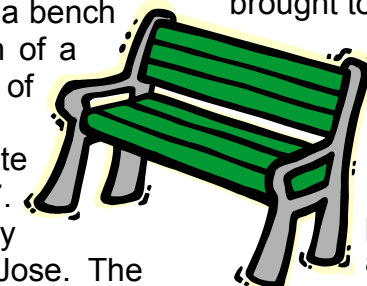
The dates for this year's state convention are October 13 - 17. The convention will be hosted by Mount Hamilton Grange in San Jose. The

Donoghue family is planning on attending this year. Suzy and I will be going too. So we can take up any Expo entries that our members enter.

We will also be putting together a basket for the GWA raffle which raises prize money for Expo winners. We would like to have our members donate hand-made items for the basket. So far, we have a knitted baby blanket and cap.

Other items can include past Expo entries in needlework, crafts, or photography. It would also be nice to have non-perishable foods if anyone does some canning this summer. Donations can be brought to our meeting this month or next.

Jenna and Tracy will be making pizzas this Friday night; Suzy and I will be working the Aug. 19th Pizza Night - if any of you are in the mood for pizza those nights, come on over and place your order.



### Good of the Order

If you have family or friends interested in joining our Grange or one close to them, they can check-out the following websites:

**State Grange :**

[www.californiagrangegrange.org/index.html](http://www.californiagrangegrange.org/index.html)

the **Nation Grange :**

[www.nationalgrange.org/](http://www.nationalgrange.org/)

We are thinking about expanding our Pizza Nights. Ideas—Comments are welcome.



### Upcoming Events

**Grange Farmers' Market**

TBA

**California State Grange  
Annual Convention**

October 13-17th

Mt. Hamilton Grange, San Jose

Find info at:

<http://www.californiagrangegrange.org/news/convention2010.html#>

**Ramona Grange**

Harvest Festival

October

**Rainbow Valley Grange**

Harvest Dinner

November

**Deadline for Sept. issue—Aug. 26th**

## Lecturer's Notes

Suzy Moramarco

### Some interesting facts from your liver (continued from last month.)

Some easy ways to love your liver:

- Don't drown your liver in beer, alcohol or wine! Even one drink is too much for some people and could scar it for life.

- Watch those drugs!

All drugs are chemicals, and when you mix them up without a doctor's advice you could create something poisonous that could damage your liver badly.

- Your liver scars easily, and those scars, called "cirrhosis" are permanent.

Medicine is sometimes necessary. But taking pills when they are not necessary is a bad habit. All those chemicals can really hurt a liver.

- Be careful with aerosol sprays!

Remember, your liver has to detoxify what you breathe in, too. So when you are cleaning with aerosol cleaners, make sure the room is ventilated, or wear a mask.

That goes double for bug sprays, mildew sprays, paint sprays and all those other chemical sprays you use. Be careful what you breathe!

Watch what gets on your skin! Those insecticides you put on trees and shrubs not only kill bugs they can get to your liver right through your skin and destroy its cells, too. Remember they're all chemicals.

Cover your skin with gloves, long sleeves, a hat and mask every time insecticides are in the air or if you're handling them.

**WARNING:** Your liver can't and won't tell you it is in trouble until it is almost at the end of its rope... and yours.

**Remember:** It is a non-complainer. Overloading it with drugs, alcohol and other junk can destroy it! This may be the only warning you will ever get.

- Check your liver out with your doctor.

- Blood screening tests can identify some trouble.

- If your liver is soft and smooth, that's good. If it is hard and bumpy, that could mean trouble.

- If your doctor suspects trouble, ULTRA SOUND and CT scans can look into it.

- Your liver's life, and yours, depends on how you treat it.

## Junior/Fair Team Reports

Suzy Moramarco

There are two months left until our State Grange Convention and Expo. The following Expo contests are sponsored by the National Junior Grange: Art - draw a picture of your family, Writing - write about you and your family, and Craft - create a craft project using your handprints. Our state Junior Craft contests are North Carolina - History of Flight, Australia - Strange Creatures (create your own strange creature) and Veteran's Day: Recognize and salute the individuals that have given their time in service to our nation. More details can be found in the 2010 Grange Expo booklet. If you need a copy let me know and I will email it to you (suncette@cox.net).

These craft contests are not just for Juniors, Youth and Adults may also enter.

I would also like to remind those working on entries about the **Best Use of Butterflies Award:** The top Junior, Youth and Senior exhibits displaying the best use of butterflies with the project will receive a special ribbon and a cash award of \$15. Be sure to include the word "Butterfly" at the end of the exhibit description on the official entry form. Award winners may be selected from any of the wide range of classes.

Expo entry forms are due by September 15, 2010.

### Ramona Grange Report

Our two new members were welcomed with a potluck after last month's meeting.

Plans are being made for our Second Annual Harvest Festival in October. A Solar Oven demonstration is being considered. Look for more news in next month's issue.

Our hall's interior is looking better thanks to the members of a Hispanic church who are renting the hall for their services.

## National Grange

### Membership Tip of the Month

#### What is in it For Me?

Have you ever been talking with some people about the Grange and heard them ask, "What's in it for me?" Maybe you've even thought this yourself.

There are many people out there that are only interested in joining the Grange if they know they're going to get something out of it. Don't fret! The Grange has a lot to offer and you can answer that question by quite simply saying, "**You get from the Grange what you put in to the Grange.**"

Grangers all around the country put countless hours in to Grange projects and programs. We volunteer our time and donate some of our hard earned money. Grangers care about other people, their community, and doing the right thing. So when you hear this "Why?" question posted to a Granger, you're going to hear, something like, "Because it makes me feel good.", "I love helping people.", "It was the right thing to do.", or "It needed to be done."

If you are passionate about family, then the more time and effort you spend in family projects and programs in your Grange, the more you and your family will benefit from those efforts. The same is true for just about every other department or program in this great fraternity. The more you put into legislative policy, suppers, the Youth and

Junior Grange, the women's activities, and the meetings, the more you will get out of your efforts. If you want, some of these efforts may even transfer to the county, state, or national level.

The same can be said for those that apply negative energy and are more inclined to criticize the Grange. The negativity, and all that comes with it, can breed more negativity and draws others into doing nothing or worse, fighting internally. But all that bad stuff can be overcome with a positive attitude and with constant and clear communications between all those involved. Remember, the Grange is a "grassroots" organization. Which means, that the everyday, common Granger—YOU!—who attends a meeting, presents a resolution, and persuades people to help in programs that are important to you, can change things! To top it all off, these skills can be translated to helping outside of the Grange as well. THAT is something people can feel proud of and is certainly an answer to the question, "What is in it for me?"

I hope that this has made you think about what you can get out of the Grange. Think about the differences that the Grange has made in your community. What differences has it made in you personally? Then you'll have an answer to "What is in it for me?"

*Fraternally,*  
Rusty Hunt,

Leadership/Membership Director

### The Grange Gazette

of Rainbow Valley Grange

**Publisher/Master**

Brendan Donoghue  
760-723-0951 - bmdds@tfb.com

**Editor/Secretary**

Lucette Moramarco

**Designer/Lecturer**

Suzy Moramarco  
760-489-9502 - suncette@cox.net

### Rainbow Valley Grange

#### Yard Sales

Our Thrift Store has closed. We would like to have semi-annual yard sales—this would be a fundraiser with renting spaces, selling baked goods and/or pizza by the slice. If you are interested in helping in anyway come to this month's meeting or email suncette@cox.net.