

PROGRAM HELPS AND INFORMATION

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(If you received this via US Mail and have an e-mail address,
please e-mail me so I can add you to our list.)

Hi Everyone.....

Thanks to you the Photo Contest was a huge success. We had lots of quality entries that gave the judges lots of problems deciding who would be the winners. I still say, if I had 3 sets of judges, we would come up with three different winners. But, as far as I am concerned, everyone who entered was a winner as were your Subordinate Granges and the State Grange and I thank you for your participation.

Winners in this year's contest were as follows:

(Adult)

America The Beautiful

- 1st Barbara Perry, Stonington Grange
- 2nd Charlene Blount, Norfield Grange
- 3rd Norman Stitham, Old Lyme Grange

Animals

- 1st Kenneth Dolce, Stonington Grange
- 2nd Barbara Perry, Stonington Grange
- 3rd Cathy Russi, Colchester

Grangers In Action

- 1st Lois Evankow, Lyme Grange
- 2nd Polly Leonard, Colchester Grange
- 3rd Norman Stitham, Old Lyme Grange

Family Celebrations

- 1st Denise Barbieri, Watertown Grange
- 2nd Lois Evankow, Lyme Grange
- 3rd Barbara Foskett, Cheshire Grange

Historic Places or Events

- 1st Irene Percoski, Enfield Grange
- 2nd Andrea Brown, Whigville Grange
- 3rd Lois Evankow, Lyme Grange

(Junior Winners)

America The Beautiful

- 1st Angelina DeDominicis, Hillstown
- 2nd Shannon Mathews, Hillstown

Animals

- 1st Luc Lacasse, Hillstown
- 2nd Angellina DeDominicis, Hillstown
- 3rd Mary Burlette, Hillstown

Grangers In Action

- 1st Victoria Tackett, Hillstown
- 2nd Madison Tackett, Hillstown
- 3rd Mary Burlette, Hillstown

Family Celebrations

- 1st Shannon Mathews, Hillstown
- 2nd Angelina DeDominicis, Hillstown
- 3rd Isabella Marino, Cheshire

Historic Places or Events

- 1st Angelina DeDominicis, Hillstown

Next year National is getting involved again and after we pick our 1st place winners they will be judged against each other to pick a best in show to send on to National for judging. Below are a couple of photos of the Photo Contest.



Lecturers' Conference was also a huge success, thanks to everyone from Connecticut who attended. The 45 people who ventured up to Randolph Center Vermont were fantastic. We had great cooperation and a lot of that positive spirit that makes things come together so well. Thank you all for everything. You were wonderful! Wish I could show everyone who went, but here are some of the pictures that include some of the good sports from CT.



Autumn will soon be upon us. Another Grange year is ending. As your final task of the 2009-10 Grange year, I hope that you will all fill out the enclosed/attached Honor Lecturer Report.

I would appreciate everyone filling one out even if you do not qualify. It helps us judge how our programs are working and where we should make changes.

From the notes that I have been getting, we will be welcoming several new Lecturers. Some of them got off to a good start by going to Lecturers' Conference. To those of you leaving this office, thanks for your many years of service to our Granges. Being Lecturer is a time-consuming job which requires dedication and creativity.

To everyone – please don't forget that I am here to help you in any way that I can.

Included with the next newsletter will be a copy of all our contests and projects for the upcoming year. This past year we concentrated on the History of the Connecticut State Grange. Now I have been asked to revisit the ritual. More details next month, but nothing too hard. I am sure everyone can handle this easily and I will have ideas in the newsletters.

See you around the State. ...Marge

SHARED NUMBERS.....

WHAT A LITTLE GEM THE CUCUMBER IS with Thanks to Irene Percoski

Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

Have an important meeting or job interview and you realize that you don't have enough time to polish your

shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

HOORAY! IT'S HALLOWEEN with Thanks to Quinebaug Pomona

Over the graveyard and through the tombs,
To the haunted house we go
The ghosts are a fright, This spooky night
So come and join the show

Over the graveyard and through the tombs,
Just hear the dreadful cries,
The banshees howl, The black cats yowl,
Their shrieking fills the skies.

Over the graveyard and through the tombs,
Where all the goblins meet,
Witches and ghouls, They are no fools,
They all yell, Trick or Treat.

Over the graveyard and through the tombs,
The jack-o-lanterns gleam
Bats fill the skies, With glowing eyes
Hooray! It's Halloween!

HARVEST DAYS with Thanks to North Haven Grange

The corn is in – full is the bin
With all our farm's full yield –
Our cellars hold – treasures untold
The wealth of all the field.

The lands now rest – they gave their best
To us who love the soil –
The winds and snow – can come and blow
We'll rest from summer's toil.

With thanks we raise – our voice in praise –
To Him who guides our ways —
He let us share – His bounties fair
And blessed our harvest days.

NO-COST TIPS TO SAVE MONEY THIS WINTER with Thanks to Colchester Grange

Move furniture and draperies away from heating units, including radiators.

Close windows tightly near your thermostat. Otherwise, your furnace might continue to work even though the rest of your home is warm enough.

Draw curtains, shades and draperies at night to keep out cold air. During the day, open them to let in the sun's warming energy.

Dust can hamper heat flow, so be sure to vacuum radiator surfaces often.

If you have hot water radiators, bleed them often to improve circulation.

Cover through-the-wall air conditioners.

Close vents for central air conditioners.

Close off unused rooms and shut closet doors and doors to unheated areas.

Shut the damper when the fireplace isn't being used.

Wear layers of clothing to trap air between layers and stay warmer.

REMEMBER WHEN... with thanks to Ekonk Community Grange

A computer was something on TV
From a science fiction show of note.
A "Window" was something you hated to clean,
And "ram" was the cousin of a goat.

"Meg" was the name of a girl
And a "Gig" was a job for the night.
Now they all mean different things,
And that really "MegaBytes"!

An "Application" was for employment.
A "Program" was a TV show.
A "Cursor" used profanity.
A "Keyboard" was part of a piano!

"Memory" was something you lost with age.
A "CD" was an invested bank account.
And if you had a "Three Inch Floppy"...
You hoped nobody found out.

"compress" was something you did to trash,
Not something you did to a "File".
And if you unzipped anything in public,
You'd be in jail for a while.

"Log on" was adding wood to your fires,
"Hard drive" was a long trip on the road.
A "Mouse pad" was where a mouse lived.
And a "Backup" happened to your commode!

"Cut" you did with a pocket knife.
"Paste", you did with glue.
A "Web" was a spider's home.
And, a "Virus" was the flu.

I guess I'll stick to my pad and paper
And the "Memory" in my head.
I hear that nobody's been killed in a "Computer Crash",
But when it happens, they wish they were dead!