

WASHINGTON STATE GRANGE

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December 1, 2017

Worthy Subordinate & Pomona Family Living Chairs:

Welcome to the office of Family Living Chair for your Grange! It is an honor to welcome you. Your outstanding influence will encourage others to become involved and maintain the future of a much needed service. Within this packet you will find information necessary to carry out the duties of your office. The Family Living Team has compiled an outstanding program for you to introduce. There are areas in which everyone will find something just for them. The educational areas are inclusive of home, health, safety and nutrition. They are merely suggestions yet may fulfill your needs by providing a monthly program for your Grange. I encourage you to present a program regularly on a topic pertaining to the home, health, safety and nutrition. As always do encourage the promotion of home economics.

I look forward to hearing all about additional Family Living Conferences held in each Pomona to encourage program participation. Consider a spring gathering and perhaps again in the fall. A conference provides a review of the program and a question & answer period. Clarification of what we do is vital for continued participation. Perhaps plan a craft for your conference or a spring bake sale to prepare for the contests. Remember your Pomona contests can take place all year round and separately such as Food Preservation in the summer or fall and Baking & Candy around the holidays. Have Fun with it! Make it work for your Grange!

Our Pomona Contests are open to Grange members and non-members. We invite you to partner with your schools and local community groups to encourage participation. This year you will find a returning area to the contests. The returning contest area that will surely be a welcome site is our Needlework Contest. Listening to your positive suggestions we have brought it back to Family Living. You may also choose to enter Needlework in the Lecturer's craft area. Entries will be judged according to past years judging guidelines. Remember we do ask that framed Needlework be open in the back for judging. There have been a couple changes in our Juniors classes. We have limited the classes in Baking and Food Preservation.

Our choices for the WA State Grange Quilt Square patterns for 2018 include "The Great Northwest" a pattern and color combination of your choice and a "Vintage" pattern of your choice such as the Dresden, Wedding Ring, Airplane, Sunbonnet Sue, Log Cabin or one that is dear to your heart. For the Vintage we ask that the fabric used for your pattern reflect the 1930's, 1940's and 1950's patterns and colors. Both quilt squares must measure 12 ½ inches unfinished. There is no limit to the number of quilt squares that may be entered. It will be fun to see our variety in June!

Please discard your last year's program handbook and contest information for Family Living. Only current contest guidelines will be accepted. Contest Entry forms however have remained the same. The ribbons used for your County Pomona Contest may be ordered through the State Lecturer's department. All program and handbook information may be downloaded from the State Grange website. www.wa-grange.org.

As Family Living Chair or CFL as it is sometimes referred to, you will find that there are many tasks to complete. One of the areas of dedication comes in the form of your year end report. We refer to our reports often in order to evaluate our program. I value your input. **Year-End Reports** are due January 1st. and are to be mailed to me at my residence 14 Haley Lane, Republic, WA. 99166. **Pomona Contest Reports** are due **no later than May 20th** following your Pomona Contests. Please mail Contest Reports to me at my residence.

A CFL Family Living Notebook is a wonderful way to share your projects, pictures, activities and events. I encourage you to enter yours in June in Mount Vernon. These may be added to each year with the current year in the front. They are a wonderful scrapbook of your Granges history! There is no size limit.

In January of 2015 the "WA State Grange Heritage Quilt Trail" was born. History continues to be made and you are making it happen! I invite those of you who have not yet begun your Hall Quilt Square to come on board and take part in the fun. For more information visit www.wa-grange.org to learn how you can become involved today! Registration Forms are available online or by contacting me.

I encourage you to allow the Family Living program to be an opportunity for promoting new and innovative methods of homemaking and life skills such as Baking, Food Preservation, Sewing, Quilting, and Needlework. Many of our learning institutions no longer offer opportunities to experience these necessary skills. We as a Grange family can and must make this part of our mission by utilizing our halls for workshops or mini classes on these subjects. I do wish you all the very best in your promotion of Family Living.

On behalf of the WA State Grange, thank you for all of your hard work and dedication, have a great year!

Fraternally,

Cecelia Hamilton,

State Family Living Director

State Family Living Director

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MISSION STATEMENT

The charge for installation of the Chairman of Family Living at all level states, in part, *“Just as the home is the center of family living, so should the Grange be the center of rural community life. Your effort should be directed toward making your meeting place truly a Grange home, radiating friendliness and hospitality to all who come within its doors. Every time the door of the Grange hall is opened and guests received, the Family Living Department is involved and the way your Grange is perceived is established. You perform a very important function for your Grange.”* The Chairman of Family Living also is given the duty of carrying out the Family Living programs, educational resources and projects established by the WA State Grange and the Family Living Team in order to increase Grange awareness and participation and across the state.

Family Living Calendar of Events

January/February

- January 1st – Family Living Year End Reports due to State Director. Reports are available on State Grange website & in CFL packets.
- Do you have your location set for your Pomona Contests yet? Have you chosen your judges?
- Family Living and Leadership Conferences at various locations throughout the state.
- Family Living Pomona Contests happening around the state.

March

- Family Living Pomona Contests happening around the state.
- March 31st - Yearly Donations to various Family Living Sponsored charities suggested submission date.

April

- Grange Month activities across the state.
- April 1st - Family Living Scholarship Applications due to State Headquarters.
- Spring cleaning time! Does your Grange hall shine?

May

- Time to hold your Spring Individual Family Living Conference in your Grange or Pomona.
- May 10th - Pomona Contests completion date.
- Pomona Family Living Contest Reports Deadline. Mail to State Director **no Later than** May 20th.

June

- 27th – 30th Washington State Grange Convention , Skagit Co. Fairgrounds in Mount Vernon.
- Family Living State Contest entries check in at State Convention beginning on Wednesday.
- Family Living Notebooks check in at State Convention before Thursday afternoon.
- Family Living Auction Items checked in at State Convention beginning on Wednesday in Family Living Display area.
- Family Living Comfort Toys, Quilt Squares and Collection Items checked in at State Convention beginning on Wednesday.
- Family Living Annual Celebration Breakfast & Family Living Awards at State Convention on Thursday morning.

July

- Happy Birthday America!
- Time to get our pressure canners out and check those gauges.
- Harvesting and food preservation time. Discard outdated pantry items.

August

- Preparations for our county & state fairs begin. Family Living Contest entries can be entered from this year.

September

- School starts; be on the watch for little ones. Allow extra time to get places if on a school bus route.
- Booster nights happening across the state. Have you planned and publicized yours yet?

October

- Family Living Team yearly program planning meeting.
- Elections of Family Living Chairs in Subordinate & Pomona Granges.
- Fall activities happening throughout the state. Bazaars, Harvest Happenings and Installations.
- Time to hold your Fall individual Subordinate & Pomona Family Living Conferences in your Granges.

November

- Happy Thanksgiving!
- Local food banks are busy this time of year, perhaps a volunteer group of Grangers would lighten the load.

December

- Merry Christmas!
- Holiday Bazaars, parties and open houses. Santa Breakfasts happening around the state.
- Let us include those alone and less fortunate in our activities. Your local Food Bank, Schools, Veterans and Senior Center, Shelter or Fire & Police Departments may have information to help you help others.

FAMILY LIVING FUND RAISING ACTIVITIES

The Family Living Department as well as other departments within the WA State Grange receives necessary funding from the State Grange Budget in order to provide our programs and educational opportunities for our members and communities. However we strive to raise additional funds for the opportunity to continually grow our program and activities. Our major fundraisers include our Live and Silent Auctions that are held each year at State Convention. Donations are accepted and greatly appreciated in hopes that we may continue to provide such a valuable program and also to assist in the support of the Grange. Please contact the State Family Living Team member near you for details.

FAMILY LIVING EDUCATIONAL PROGRAMS

The Family Living Department encourages all Granges to provide educational and fun programs for their Grangers and communities which focus on Health & Safety, Nutrition & Home Economics. The carrying out of activities pertaining to these areas is a valued part of our program.

The Suggested topics for 2017 include:

- Food Preservation tips and guidelines- Pressure Canning verses Hot Water Bath. Dried verses Frozen. Shelf Life safety.
- Safety: Are you prepared for the unexpected? Grab and Go!
- Health & Nutrition: Balance is the key.

All materials are available at www.wa-grange.org . Archived Programs are also available on the state website.

CHARITIES

Through your generous donations the Family Living Department supports five charities. These charities include the Family Living Scholarship Fund, Kimball Memorial, King Memorial, March of Dimes, and Kelley Historical Projects Fund.

The Family Living Scholarship – Applications are available at www.wa-grange.com and are due by April 1. Applicants must be a Grange member.

Kimball Memorial Fund – This fund provides campships for first time Jr. Grange campers.

King Memorial Fund monies are used to purchase educational equipment for the Junior Grange Camps.

Donations to the March of Dimes will go to the Prematurity Campaign. A multi-million dollar research campaign to promote awareness and education to help families have healthier babies. In the United States, 1 in 8 babies are born prematurely. Worldwide, over 13 million babies are born too soon each year. We're working to address the crisis at home and abroad. Measurable headway is made annually in our national campaign to prevent premature births. The preterm birth rate continues to decrease. We have expanded our support to families with a baby in newborn intensive care.

The Kelley Historical Projects Fund or in the earlier years known as the Kelley Farm Fund, is a National Grange project handled through the National Grange Enrichment Department. Donations to this fund help to maintain the farm of our Grange founder Oliver H. Kelley.

When making your donation please make checks payable to: **Washington State Grange Foundation**

Please send donations to: Director of Family Living, Cecelia Hamilton, 14 Haley Lane, Republic, WA. 99166.

FAMILY LIVING REPORTS AND RECOGNITION

The annual Family Living Pomona and Subordinate CFL report is the only means that we have to determine if our program is effective. We ask that you take the time to complete the year- end report and send it to the State Family Living Director by the deadline of January 1st.

Subordinate and Pomona CFL Recognition

Certificates will be presented to all CFL's completing a year-end report. The certificate will reflect the level of achievement awarded to the CFL.

Outstanding CFL Awards will be given to the top five Pomona and top ten Subordinate CFL's throughout the state. The year- end reports in combination with the yearly CFL Notebook will assist in the determination of these awards.

CFL YEARLY NOTEBOOK

A fun and historical notebook filled with the activities and projects achieved throughout the past year within your Pomona or Subordinate Grange. Notebooks are intended to reflect your Calendar yearly activities from January 1st through December 31st. The same timeframe as your CFL Year-end reports. Photos, Newspaper clips, flyers, Invitations, and Newsletters are welcomed. Notebooks are submitted at state convention in June for judging. Rosettes and cash awards will be given to the top 3 Subordinate and top 3 Pomona entries.

PROGRAMS & PROJECTS THAT MAKE A DIFFERENCE

The Family Living Department encourages all Grangers to participate in our many "Projects that Make a Difference". This not only instills the concept of serving others it also promotes community involvement and the working together to promote common goals while at the same time making a difference in the lives of others.

Care Cloths - One of life's most difficult challenges is when one is placed in a situation where they are without the necessities to take care of themselves. Whether it is from a Natural Disaster or from the devastating heartache of being displaced from home because of unexpected challenges. By providing a care cloth (Washcloth) filled with soap, shampoo, lotion, toothpaste, and other personal care items one senses the nurturing feeling that someone cares. Placed in a Ziploc bag for travel. The small travel size from hotels works great. There is a need for these care cloths at local shelters, schools, and food banks.

Toiletries and Hygiene Products: At State Convention, we accept donations of small travel size personal care items. This includes shampoos, conditioners, soaps, lotions, toothpaste, toothbrushes and combs etc. These items are then donated to shelters and facilities where they can help. Some are also given to our Junior Grange Camps for use by campers. In your own Grange feel free to use these products for your care cloths to distribute to your communities charities.

Project Linus-Project Linus is an organization that provides handmade quilts, crocheted Afghans and many other special handcrafted items to seriously ill or traumatized children. Their patterns for a very easy "Premie Afghan", "No Sew Fleece Blanket" & "Crocheted Cap" can be found in the CFL packets. You can go to www.projectlinus.org and click on patterns for a wide variety of projects. Your finished project can be given to a child in your area or brought to State Convention in June. Go to projectlinus.org for projects and to find a local chapter near you!

Used Eyeglasses-Collect used eyeglasses, lenses, frames and parts with the cases to protect them if possible and bring them to state convention in June. Please document the number collected by your Grange and report to your CFL so we can see how our program is working. Dr. Ogden in Goldendale remakes them to help the needy with corrective vision all over the world.

Canceled Stamps- By collecting canceled postage stamps we provide funds for cancer research. Cut out the stamp with a ¼ inch border and bring stamps to the State Convention in June. Please count or weigh stamps prior to turning them in.

Quilts for the Brave - A program that encourages the provision of Patriotic quilts to our service men and women who have served in our Armed Forces. These should be lap-size quilts (approximately 45x60") made from a cotton material. Red, white and blue colors are appropriate. We recommend that Granges work with local VFW chapters, Veterans' hospitals and American Legion chapters for distribution at the local level or bring to State Convention in June.

Bereavement Quilts – A program that encourages the provision of Patriotic handmade quilts to the families of our service men and women of the United States who have given the ultimate sacrifice of their lives in the line of duty. Quilts must be made from a cotton material. Red, white and blue colors are appropriate. We recommend that Granges work with local VFW chapters, Veterans' hospitals and American Legion chapters for distribution at the local level or bring to State Convention in June for distribution.

"Hugs in a Quilt" – A special way to send comfort to those who need a hug. Handmade quilts made to the size of 12 inches to 20 inches maximum are wrapped around a cuddly stuffed animal and tied with a pretty ribbon in a bow and given to seniors and children of need. The size of the quilt depends upon the size of the stuffed animal. These cuddly keepsakes are then donated to local Police Departments, Fire Departments, Shelters, Family Services Agencies and various organizations statewide.

"Hugs in a Mug" - A fun and clever way to provide a little something for someone in need. A veteran, senior, patient, or shelter. By placing a packet of cocoa or coffee along with a deck of cards or puzzle book and pen you supply a fun activity for a rainy day.

"Comfort Toys" - This fun program offers a bit of comfort to our children and seniors all over the state by providing them hand sewn and cheerful homemade toys. These toys must be made with safety in mind by abiding in the safety precautions which include only soft sculpture designs, filled with a commercial fiber fill and measure no smaller than 6 inches and not to exceed 24 inches. The toys must conform to U.S. Safety regulations with no sharp edges that might injure a child. Trimmings must be secured with no buttons or glued on eyes. Embroidered eyes are the best. Give a toy and see a smile! Bring toys to state convention or distribute locally.

Pillowcase Challenge – **What is the Pillowcase Challenge?** *American Patchwork & Quilting* is challenging quilters, sewers and crafters to help us reach our goal of donating pillowcases to local charities. Many charities can benefit from the donation of a pillowcase and the challenge gives you the opportunity to donate and make a difference in your community. www.allpeoplequilt.com

Out on the Town Bibs - www.outonthetownbibs.com Here is a fun and creative way to give to others. By sewing a matching bib for a special outfit or occasion our loved ones can feel all dressed up and retain their dignity at the same time. A fun way to protect clothing and dress up too!

Digit Quilts – What a fun way to incorporate occupational therapy with our everyday tasks. A colorful lap quilt displaying zippers, buttons, velcro, textures and ties! Choose bright colors and warm and fuzzy fabrics too! An aid for Dementia and Alzheimer's patients as well as children with very active hands. A wonderful gift to provide to rehabilitation centers. For more information go online to <https://m.wikihow.com> and search for fidget quilt. Step by step instructions are available.

POMONA CONTESTS

Who May Enter: We welcome both Grangers and non-Grangers as participants in our contests.
Non-Members must be sponsored by a Subordinate Grange.

Steps to enter an item in a contest:

- 1) Choose the appropriate Age Division; age is determined as of January 1st of the current year.
- 2) Choose Contest Group.
- 3) Choose Class of item.

Be sure to fill out entire entry tag. Include: Name, Grange, and County.

CONTEST RULES:

- All work must be the work of the participant.
- Participants may have more than one entry per class at the Pomona level.
- All items excluding Comfort Toys & Quilt Squares will be judged at the Pomona level.
- Judging is based on quality, skill, application and presentation.
- Entries must have been completed after May 15th or the Pomona Contest completion date of the previous year.
- Soiled items will not be accepted.
- Pomona awards are the responsibility of the Pomona Grange. All entries should be awarded ribbons. Blue, Red, White and Green. Purple Ribbons are to be awarded to the highest scoring item in each class and this item is eligible to compete in the state contests in June at the State Convention.
- Contestants are responsible for bringing their items to state convention and picking them up.

Contest Divisions:

Division A – Adults 19 & older

Division Y – Youth ages 14 – 18

Division J – Juniors ages 13 and under

Please designate: 1) Age Division, 2) Group (Contest), and 3) Class.

Judging:

Entries are judged by Quality, Skill, Application and Presentation. The first, second and third place winners at the Pomona and State levels will be picked from the blue ribbon winners or those placing highest under the judges determination.

Awards: State Awards in each Class include: 1st, 2nd & 3rd Place Rosettes along with Cash Awards in each Group as follows: Division A: Best of Show \$50, Second Best of Show \$25. Division Y: Best of Show \$25.00, Second Best of Show \$15.00. Division J: Best of Show \$15.00 Second Best of Show \$10.00.

First place winners at Pomona level will be eligible to enter the State level for judging at the annual State Convention. If a Pomona level first place winner chooses not to send their entry to State Convention, the second place winner may go. Pomona judging in all contests should be completed no later than May 15th.

Labels: All entries in all contests must be labeled in the prescribed manner. **NO SUBSTITUTE LABELS.**

All entries must use the current provided contest label only. Label is to list Contest Group, Division, & Class when required. All entries must include contestant's name, Grange name and Grange number, Pomona name and number, member or non-member and age where required.

Labels should be placed securely in a zip lock sandwich bag and safety pinned to the item or when pinning is not an option taped. Pomona Family Living packets contain contest guidelines and labels for the entries.

Please contact your CFL for additional details. All contest information including Labels are available online at www.wa-grange.org



GROUP 1 - BAKING



ORIGINAL RED STAR



SAFARI

bakipan

Division A – Adults 19 & older

Division Y – Youth ages 14 – 18

Division J – Juniors ages 13 and under Please designate: Age Division, Group (Contest), and Class

“Thank you” to the Washington Association of Wheat Growers, Red Star Yeast Company & Wilton’s for sponsoring our Contests.

Grange members and non-members may enter. Each entry **must be accompanied by one copy of the recipe**, typed or clearly printed on recipe cards or other paper, using one side only that will fit into a legal-size envelope (4 by 9½ inches). The completed contest entry label should be scotch taped to the front of envelope. All entries are to be made from scratch, no mixes (except where stated). See your CFL for additional details.

All Baking Recipes winning Best of Show may not be re-entered in the contest until the fourth year.

PLEASE NOTE ALL ENTRY RECEPTACLES WILL NOT BE RETURNED.

Red Star Yeast Awards: Red Star will award various items to the highest placing entries in our Baking Division in which Yeast was used. **Washington Association of Wheat Growers Awards:** The Washington Assn. of Wheat Growers Award Rosette will be awarded to the 1st Place Winner from amongst classes with recipes in which wheat is listed in the recipe, along with a Wheat Magic Recipe Book. A Cookbook will be awarded to the Best of Show for these classes in all Divisions.

Wilton Awards: Decorated Cakes & Cupcakes, Sponsored by “Wilton” Non Cash Awards Best of Class will be awarded to the highest placing entries in Decorated classes. Entries will be judged on technique, creativity, and explanation of process, presentation, skill, appeal, and suitability. Each entry must have a written or typed/printed explanation of process and materials used on a 3 X 9 Index card. Using Wilton products is preferred. "Best of Class" winners from the Decorated Cakes & Cupcakes are eligible for Wilton Award determined by Wilton.

JUNIORS BAKING CLASSES:

SNACKS

JA-1) Any cookie made from scratch – No mixes allowed. 13 Cookies per entry. Must be on a sturdy base within a clear plastic Ziploc bag. Must include recipe.

JA-2) Decorated Cookie – 13 cookies per entry. May use cookie mix, Do not stack. Must include decorating steps and if from scratch recipe. Must be on a sturdy base within a clear plastic Ziploc bag.

JA-3) Cake Mix / Cookie Mix Cookie- 13 cookies per entry. Must include recipe. Must be on a sturdy base within a clear plastic Ziploc bag.

JA-4) No Bake Cookies- 13 cookies per entry. Must include recipe. Must be on a sturdy base within a clear plastic Ziploc bag.

JA-5) Brownies: Made from a mix. Must include name of mix and recipe. Must be on a sturdy covered base. May be entered uncut.

JA-6) Brownies from scratch – Must include recipe. Must be on a sturdy covered base. May be entered uncut.

BREADS & ROLLS

JB-1) Quick Breads – 1 Standard Loaf to be presented on a sturdy base and in a sealed bag. Must include recipe.

JB-2) Biscuits & Muffins – 7 Biscuits or Muffins presented on a sturdy base and in a sealed bag. Must include recipe.

JB-3) Bread Machine Bread – 1 Loaf to be presented on a sturdy base and in a sealed bag. Must include recipe.

DESERTS

JD-1) Cupcakes – from Cake mix – 7 Frosted Cupcakes, Must include recipe. Presented on a sturdy covered base.

JD-2) Decorated Cupcakes from Cake mix- 7 Decorated cupcakes, Must include recipe and decorating steps. Presented on a sturdy covered base.

JD-3) Cakes – Any cake made from scratch – No mixes allowed. Must include recipe. Must be on a sturdy covered base.

JD-4) Cakes from a Cake mix. 1 cake, iced, must include cake mix name and recipe. Must be on a sturdy covered base.

BAKING CONT.

ADULT & YOUTH BAKING CLASSES

Class A: BREADS & ROLLS - All Breads in Class A must be made from scratch, no store bought mixes allowed. Must include recipe.

A-1) Yeast Breads & Rolls. One standard size loaf (approximately 1 to 1½ lbs. dough), any shape, or 12 rolls. No mini loaves. No mixes allowed, Bread to be presented on a sturdy base or disposable plate and placed in a clear plastic sealable bag.

A-2) Artisan Yeast Breads & Rolls, One designed loaf, or 12 individual rolls. No mixes, entered on sturdy base and sealed bag.

A-3) Sweet Yeast Pastry such as rolls, braids, & twists. Enter one dozen sweet rolls or an equivalent amount of dough for a braid or twist. This is a sweet pastry used for breakfast or dessert. To be presented on a sturdy base in a clear plastic sealable bag.

A-4) Quick Breads, Biscuits & Muffins. 1 standard size loaf. *Or* 7 Muffins. To be presented on a sturdy base in a plastic sealable bag.

A-5) Bread Machine Bread. One standard size bread machine loaf. Presented on a sturdy covered cardboard base in a sealable bag.

A-6) Diabetic Quick Breads. One standard size loaf such as banana, zucchini, etc. Diabetic information must be included, made from scratch

A-7) Gluten Free Bread & Rolls- One standard size loaf (approx 1 to 1½ lbs. dough), any shape, or one dozen rolls. No mini loaves. Presented on sturdy covered cardboard base or disposable plate and placed in a clear plastic sealable bag. Made from scratch.

Class B: DESSERTS

B-1) Frosted or Topped Layer or Sheet Cake made from scratch. No Mixes. Layers may be square or round, 8 to 10 inches. Sheet may be 8x12 inches or 9x13 inches, presented on a sturdy covered cardboard base about one inch larger than the entry. Place in a sturdy throw away cake box.

B-2) Bundt Cake made from scratch. Bundt may be plain, lightly dusted with powdered sugar or lightly glazed. Use 10 inch to 12 inch Bundt pan. To be presented on a sturdy covered cardboard base and placed in a sturdy throw away cake box.

B-3) Cake Mix Cake. Frosted or topped layer, sheet or Bundt cake using a cake mix. Sizes and other requirements same as B-1 & B-2.

B-4) Frosted Cake Mix Cupcakes- Entry to include 7 standard sized frosted cupcakes. Must include recipe.

B-5) Frosted Cupcakes from scratch. No Mixes allowed. Entry to include 7 standard sized cupcakes. Must include recipe.

B-6) Decorated Cakes –Any sized cake, Decorated. Entry Judged on Decoration and implementation of theme. Recipe required(*IF EDIBLE*) Must include explanation of decorating process and list of materials used. ***Please indicate edible or decoration only!***

B-7) Decorated Cupcakes – Entry to include 7 Cupcakes. Scratch or mix allowed. Entry Judged on Decoration and implementation of theme. Recipe required (*IF EDIBLE*) Entry must include explanation of decorating process and list of materials used. ***Please indicate edible or decoration only!***

B-8) Pies -Pie must not contain cream, cream cheese, custard, Jell-O, or eggs. Pies must be baked in an 8” or 9” disposable round pie tin. Crust is to be made from scratch, no premade pie crusts or mixes. Pie may have lattice or “other” on top. **Must include recipe for crust and also filling.**

Class C : SNACKS

C-1) Baked Cookies - 13 cookies, presented on a disposable plate in a plastic sealable bag. Must be made from scratch. Recipe required.

C-2) No Bake Cookies – 13 cookies placed on sturdy plate placed inside plastic sealable bag. Must be from scratch and include recipe.

C-3 Cookie Mix / Cake Mix Cookies. Any kind of baked cookies, 13 per entry. Made from a cake or cookie mix, must have recipe.

C-4) Decorated Cookies – 13 Baked and decorated cookies per entry. Scratch or mix allowed for cookie. Judged on decoration and implementation of theme. Recipe required (*IF EDIBLE*). Entry to include explanation of decorating process and list of materials used.

C-5) Brownies -13 baked brownies, presented on a disposable paper plate or tray enclosed in a sealable bag, Do not stack brownies. ***Brownies may be entered uncut in a disposable baking pan*** measuring no less than 8x8. ***Must be made from scratch.***

C-6) Bars -13 Bars per entry presented on a disposable plate or tray enclosed in a sealable bag. Do not stack bars. **Bars must be cut.**

C-7) Diabetic Cookies. Made from scratch, 13 per entry. Diabetic information must be included with the recipe.

C-8) Gluten Free Cookies -13 baked cookies per entry, presented on a disposable paper plate or tray in a clear plastic sealable bag. Do not stack cookies. Must be made from scratch. Recipe required.

C-9) Gluten Free Bars or Brownies – Must be made from scratch. 13 Bars or Brownies presented on a disposable paper plate or tray, enclosed in a sealable bag. Do not stack bars. **Bars must be cut.** Brownies may be entered uncut.

Class D

D-1) OTHER: Any item not listed in another class or a combination of ingredients and presentation.

GROUP 2 - CANDY

Division A – Adults 19 & older

Division Y – Youth ages 14 – 18

Division J – Juniors ages 13 and under Please designate: Age Division, Group (*Contest*), and Class.

All Candy Classes of entry must exhibit 13 Pieces per entry, entered on a sturdy plate or platter, Must be covered, bagged or boxed.

Entries which include uncooked eggs will not be accepted. All entries must be accompanied by one copy of the recipe, typed or clearly printed on recipe cards or other paper, using one side only that will fit into a legal size envelope (4 by 9½ inches). The completed contest entry label must be scotch taped to the front of envelope.

Class A: Cooked Candy - Entry to consist of 13 pieces of cooked candy.

Class B: Uncooked Candy - Entry to consist of 13 pieces of uncooked candy.

Class C: Decorated Candy – Entry to consist of 13 pieces of Decorated candy

Decorated Candies are judged on design technique, skill, presentation, suitability. Decorated Candies must include the recipe (*IF EDIBLE*) and Must state if Edible or Decoration only! A written explanation of decorating process and materials used must be included.

GROUP 3 – FOOD PRESERVATION

JUNIORS CLASSES:

No Pressure canned items will be accepted for Juniors.

JA) Fruits –Fruits, Sauces, Syrups. 1 Pint or Quart.

JB) Pickled- Pickled vegetables. 1 Pint or Quart. Refer to USDA guidelines.

JC) Soft Spreads – Jams, Jellies. 1 pint or half pint. No paraffin.

JD) Dried – *Dried Items. DRIED FOODS MIXES & HERBS ETC.* MUST MEASURE NO LESS THAN 1/3 CUP

FRUIT LEATHERS & JERKY ENTRIES MUST MEASURE NO LESS THAN 6"IN LENGTH AND 1 ½ INCHES IN WIDTH.

May be entered in snack size zip lock baggies or mason jars. **Must include Process, Ingredients and Recipe.**

YOUTH & ADULT CLASSES

Class A: Fruits. One quart or pint. Includes fruits, sauces and syrups, and chutneys (no vinegar).

Class B: Vegetables. One quart or pint, cut or uncut. Includes all vegetables. (Non – pickled)

Class C: Soft Spreads. One pint or half pint, no paraffin may be used. May include jam, jelly, marmalades, conserves and preserves.

Class D: Meat, Poultry or Seafood. One quart, pint, or half pint.

Class E: Pickles and Relishes –One Quart or Pint, Relishes, Pickles, Vegetables and pickled chutneys. Refer to USDA guidelines.

Class F: Salsa – Tomato, Fruit, Combination. One quart or one pint.

Class G: Vinegars, Adequate jars. May use decorative jars with wax or corks.

Class H: Dried Vegetables

Class I : Dried Fruits

Class J: Dried Soup Mixes

Class K: Dried Herbs

Class L: Fruit Leathers

Class M: Jerky

Class N: Beer & Wine – (Must be 21 years of Age to enter this class) **Must include processing method and recipe.**

Class O: Other (Item not listed in any other class or combination of classes) Such as Vegetable Beef Soup etc.

Dried Items. May be entered in snack size zip lock baggies or mason jars. Must include process.

DRIED FOODS MIXES & HERBS ETC. MUST MEASURE NO LESS THAN 1/3 CUP. Mixes Must include Recipe /Ingredients.

FRUIT LEATHERS & JERKY ENTRIES MUST MEASURE NO LESS THAN 6"IN LENGTH AND 1 ½ INCHES IN HEIGHT. Must include Recipe / Ingredients.

All Canning entries must be prepared using current USDA specifications.

All Entries must be clearly labeled **ON the Jar Lid or the Jar** specifying: **Item Name, Processing Date: Month, Day and Year** as well as **an additional contest entry label** with the **Processing Method, Processing Time, Pounds of Pressure** if pressure-canned. **Altitude of processing location.** The entry label **ALSO** must state whether the food was **hot or raw packed, boiling water or pressure canned** and a judge needs to know if the proper **amount of citric acid**, lemon juice or vinegar has been added to canned tomatoes, for example. The **Recipe Source or Publication, Page & Recipe Name is highly recommended but not required.**

Any approved standard canning jar may be used. New canning lids must be used. Lids must be approved for processing and shelf storage. No temporary storage plastic lids allowed. Rings are to be included on jars, but must be able to be removed for judging.

GROUP 4 - NEEDLEWORK

Division A – Adults 19 & older

Division Y – Youth ages 14 – 18

Division J – Juniors ages 13 and under (Please designate: Age Division, Group (Contest), and Class)

In Needlework the underside of all entries must be visible.

Knit, Crochet, Tat

Class A: Crochet large item for house.

Class B: Knit large item for the house.

Class C: Tat large item for the house.

Class D: Crochet small item for house.

Class E: Knit small item for the house.

Class F: Tat small item for the house

Class G: Crochet item to wear.

Class H: Knit item to wear.

Class I: Tat item to wear.

Class J: Afghan.

Class K: Baby Afghan.

Class L: Crochet, 3 Piece Baby outfit. Cap, Sweater and choice of booties or afghan.

Class M: Knit 3 Piece Baby outfit. Cap, Sweater and choice of booties or afghan.

Class N: Other – Any Knit, Crochet, Tat item not listed in any other class.

Needlework Cont. Embroidery, Cross Stitch, Needlepoint, Plastic Canvas, Other.

Class O: Hand Embroidery (Back exposed) May be framed with back off.

Class P: Counted Cross Stitch. (Back exposed) May be framed with back off.

Class Q: Needlepoint (Back exposed) May be framed with back off.

Class R: Plastic Canvas

Class S: Other: Any Embroidery, Cross Stitch, Needlepoint, Plastic Canvas item not listed. (Latch hook, ribbon embroidery, etc.)

GROUP 5 - QUILTS

Division A – Adults 19 & older

Division Y – Youth ages 14 – 18

Division J – Juniors ages 13 and under

Please designate: Age Division, Group (*Contest*), and Class.

Entries may be either hand or machine quilted.

Quilted by contestant or other must be indicated on the completed entry label.

JUNIOR QUILTING CLASSES

JQ-1 - Small Quilted item: Potholder , Coaster etc.

JQ-2 – Pillow

JQ-3 – Small Quilt

JQ-4 - Miniature Quilt (24 inches on a side with a maximum block size of 4 inches square)

JQ-5 – Wall Hanging

JQ-6- Other – Any item not listed.

YOUTH & ADULT QUILTING CLASSES

Traditional Design

Class A: Large Quilt (King/Queen size)

Class B: Small Quilt (Double/Twin size)

Class C: Wall Hanging

Class D: Tied Comforter

Class E: Baby or Lap Quilt

Class F: Baby or Lap Tied Comforter

Class G: Other (Any Traditional Item not listed)

Beyond Traditional Design: (i.e. skillful use of color, fabric, image, or shape).

Class H: Large Quilt (King/Queen size)

Class I: Small Quilt (Double/Twin size)

Class J: Wall Hanging

Class K: Baby or Lap Quilt

Class L: Baby or Lap Tied Comforter

CLASS M: Other (Any Beyond Traditional Item not listed)

Art & Landscape Design:

Class N: Large Quilt (King/Queen size)

Class O: Small Quilt (Double/Twin size)

Class P: Wall Hanging

Class Q: Baby or Lap Quilt

Class R: Other (miniature, place mat, pillow, table runner etc.). Any machine quilted item not in other classes.

HAND QUILTED

Class S: Large Quilt (King/Queen size)

Class T: Small Quilt (Double/Twin size)

Class U: Wall Hanging

Class V: Baby or Lap Quilt

Class W: Hand Pieced & Hand Quilted any size

Class Y: Other (miniature, place mat, pillow, table runner etc.). Any HAND quilted item not in other classes.

WA State Quilt Block Contest

Division A - Ages 19 and over

Division Y- Ages 18 and under

The 2018 Washington State Quilt Block Patterns

“The Great Northwest” theme. Your choice of colors. Must be made of washable fabrics.

“Vintage All the Way!” theme. Your choice of pre 1950’s pattern and fabrics.

RULES: Each block MUST measure 12½ inches square unfinished. All judging will take place at the state level. Quilt blocks are judged on cleanliness, general appearance and compliance to size requirement and theme. Grange members and non-members may enter. All quilt blocks become the property of the Washington State Grange and none will be returned to the contestant. State Quilt Block Contest will be awarding 1st, 2nd, and 3rd place Rosettes for each class along with Best of Show and Second Best of Show for Adult & Youth Divisions. Adult: Best of Show \$25.00 and 2nd Best of Show \$15.00. Youth: Best of Show \$15.00, Second Best of Show \$10.00. No limits on number of entries per person.

GROUP 6 - SEWING

Division A – Adults 19 & older

Division Y – Youth ages 14 – 18

Division J – Juniors ages 13 and under

Please designate: Age Division, Group (*Contest*), and Class.

Sewing Entries may be a single item or coordinated separates *limited to four pieces*. Entries judged on general appearance, creativity and workmanship. Please place pattern with instructions and completed entry form inside the appropriate sized zip lock bag and safety pin to entry.

Class A: Adult’s Clothing or outfit - Garment or outfit made for adult.

Class B: Child’s Clothing or outfit - Garment made for children.

Class C: Coat or Jacket – must be lined.

Class D: Coat or Jacket – not lined.

Class E: Lingerie – (Underclothing or Pajama’s, nightgown, robe.)

Class F: Item for the house: Tablecloth, Table runner linens, placemats, curtains, hot pad, tree skirt etc.

Class G: Apron, Uniform, Costume.

Class H: Other- Item not listed in other class.

Comfort Toy Contest

Division A - Ages 16 and over

Division Y- Ages 15 and under

Grange members and non-members may enter. Toys must be soft sculpture, filled with a commercial fiberfill, and measure not smaller than 6” and not to exceed 24”. Entries must conform to U.S. Safety Regulations with no sharp edges that might injure a child; trimmings must be secure with no buttons or glue-on eyes. Please no fabric paint eyes, these tend to peel off and can be harmful if swallowed. Embroidered eyes are encouraged.

There is no limit on the amount of entries per person allowed for judging, all judging will take place at the state level. Toys are judged on character, cleanliness, safety, general appearance and workmanship.

All toys become property of the Washington State Grange and none will be returned to the contestant. These toys are presented throughout our state to children and seniors for spreading joy and comfort.

Awards will be given at the state level in Division “A” as follows: 1st, 2nd & 3rd place rosettes, Best of class \$25, Second Best of Class \$15. Awards will be given at the state level in Division “Y” as follows: 1st, 2nd & 3rd place rosettes, Best of class \$15, Second Best of Class \$10.



WASHINGTON STATE GRANGE POMONA / SUBORDINATE GRANGE CFL REPORT
FOR THE YEAR ENDING DECEMBER 31, _____

Please circle appropriate report: Pomona or Subordinate

This report covers the period for January 1, to December 31st. Please complete and submit by January 10th to WA State Director

GRANGE NAME _____ NO. _____
POMONA NAME _____ NO. _____

1. Did you receive your Family Living Packet this year? YES ___ NO ___
2. Did you have contact with your Family Living District Director this year? YES ___ NO ___
3. Did you attend a State CFL Conference this year? YES ___ NO ___
4. Did you hold a separate Family Living Conference in your Grange / Pomona to promote activities and involvement? Yes ___ No ___
If yes how many attended? _____
5. How do you inform others of the events you plan or have for the Family Living Department in your Grange?

6. Did you prepare a monthly presentation at your Grange meeting on a CFL Program? YES ___ NO ___
7. Did you and your committee aid the youth and juniors with their projects? YES ___ NO ___
Please list the projects you aided with _____

8. Did your Grange contribute financially to the following? Or Others _____
Family Living Department Scholarship YES ___ NO ___
King Memorial Fund YES ___ NO ___
March of Dimes YES ___ NO ___
Kimball Memorial Fund YES ___ NO ___
Kelley Farm YES ___ NO ___

9. Did you promote the CFL Contests? YES ___ NO ___ Has your Grange Hosted the contests? YES ___ NO ___
10. Does your Grange participate in planning of the contests ? YES ___ NO ___ Would you like to? YES ___ NO ___

11. Did your Subordinate Grange have entries in:
Baking YES ___ NO ___ Canning/Food Preservation YES ___ NO ___
Candy YES ___ NO ___ Quilting YES ___ NO ___
Needlework YES ___ NO ___ Sewing YES ___ NO ___
State Quilt Block YES ___ NO ___ National Quilt Block YES ___ NO ___
Comfort Toys YES ___ NO ___
How many comfort toys for Loving? _____ How many toys for judging? _____

12. Did you participate in the following projects?
Linus YES ___ NO ___ Hugs in a Mug YES ___ NO ___
Care cloths YES ___ NO ___ Shelter Ideas YES ___ NO ___
Used eyeglasses YES ___ NO ___ Quilts for the Brave (or similar) YES ___ NO ___
Labels/Card Fronts YES ___ NO ___ Care Wears YES ___ NO ___
Cancelled Stamps YES ___ NO ___ 1 Million Pillowcase Challenge YES ___ NO ___
Hugs in a Quilt YES ___ NO ___ Other _____
Yearly CFL Notebook _____

13. What did you do for Family or Community Outreach? _____
14. What kind of workshops or community activities did you have at your Grange? _____
15. Did your workshops or community activities include non-members? YES ___ NO ___ How many attended? _____
16. What comments/suggestions do you have for improving the CFL Department? (Feel free to use back of form if needed)

17. Do you have a Family Living Committee in your Grange or Pomona? Yes ___ No ___
18. How often does your Family Living Committee meet? _____
19. Do you have a Grange Auxiliary? Yes ___ No ___

20. SIGNED CFL _____ DATE _____ District _____
Address: _____

Thank you for completing this form and for your comments.

Please be aware all Family Living program information is available online at: www.wa-grange.org

Please mail to: **WA State Director of Family Living: Cecelia Hamilton (email: jcjbipineranch@gmail.com)**
14 Haley Lane, Republic, WA. 99166 (509) – 775-0191



DECISIONS DECISIONS DECISIONS Pressure Canning vs Hot Water Bath

In the USDA Guidelines found at http://nchfp.uga.edu/publications/publications_usda.htm it is advised that certain foods be processed by Pressure Canning and in the same guidelines it states that other foods may be either Raw Packed or Hot Packed and processed by the Hot Water Bath method or Dried for preservation. Choices are available in some cases and all methods have been proven to be not only safe and healthy but actually relatively simple to accomplish. One must commit to devoting the proper amount time and effort in order to achieve the desired results. It is advised that you review all requirements prior to beginning your process. This will assure you to have the necessary equipment as well as follow the safety guidelines for the task.

Pressure can verses Hot Water Bath: Ball states that Vegetables, meats, poultry and seafood are such a natural part of family meal planning that preserving these low-acid foods ensures an economical and well-balanced diet throughout the year. Low-acid foods are easy to preserve, yet require special handling to eliminate the risk of spoilage caused by the bacteria *Clostridium botulism* and its toxin-producing spores. In order to prevent this type of spoilage, low-acid foods **MUST** be heat processed at a temperature of 240°F for the established processing time in a tested fresh preserving recipe.

Pressure canning is the only way to fresh preserve at 240°F. (Boiling water canners heat to only 212°F which is the temperature of boiling water.) Because *Clostridium botulism* spores do not grow in the presence of acid, high-acid foods can be safely processed in a boiling-water canner. High acid foods have a shelf life of no more than 2 to 5 years.

Low-acid foods include vegetables, soups, stews, stocks, meats, poultry and seafood. Shelf life recommended for these foods is 2 – 5 years. Recipes that combine high-acid foods, such as tomatoes, with low-acid foods, such as vegetables or meats, are considered low-acid foods. It is advised that one follows the recommendations of such publications for ensured safety and success. For questions and concerns regarding Ball guidelines call 800-240-3340, Monday through Friday, 8:30 a.m. EST to 4:30 p.m. EST. <https://www.freshpreserving.com/home> (Ball /Kerr)

Drying vs Freezing



Both Drying and Freezing offer the home preserver additional options for providing our fruits of our labors ways of being available for future use and safe storage. However the shelf life or storage timeframe is less than canned. A frozen stock of berries has a storage life of up to 8 months for peak flavor and consistency. A dried supply of berries not only may require reconstitution it also has a limited freshness window. A pressure canned batch of berries has an advised shelf life of 12 to 18 months. This offers an opportunity to supply for many months compared to a limited time frame food source. A plus to dehydration or drying is that the weight and size of the product is less in addition the cost of jars and lids verses zip lock bags.

Drying: Packaging and Storing Dried Foods

Dried foods are susceptible to insect contamination and moisture reabsorption and must be properly packaged and stored immediately. First, cool completely. Warm food causes sweating which could provide enough moisture for mold to grow. Pack foods into clean, dry insect-proof containers as tightly as possible without crushing.

Store dried foods in clean, dry home canning jars, plastic freezer containers with tight-fitting lids or in plastic freezer bags. Vacuum packaging is also a good option. Pack foods in amounts that can be used all at once. Each time a package is opened food is exposed to air and moisture that can lower the quality of the food and result in spoilage.

Dried foods should be stored in cool, dry, dark areas. Recommended storage times for dried foods range from 4 months to 1 year. Because food quality is affected by heat, the storage temperature helps determine the length of storage; the higher the temperature, the shorter the storage time. Most dried fruits can be stored for 1 year at 60°F, 6 months at 80°F. Vegetables have about half the shelf-life of fruits.

Foods that are packaged seemingly "bone dry" can spoil if moisture is reabsorbed during storage. Check dried foods frequently during storage to see if they are still dry. Glass containers are excellent for storage because any moisture that collects on the inside can be seen easily. Foods affected by moisture, but not spoiled, should be used immediately or redried and repackaged. Moldy foods should be discarded.

General Freezing Information

How Long Can I Store Frozen Foods...

Freezing cannot improve the flavor or texture of any food, but when properly done it can preserve most of the quality of the fresh product. Knowing how long a particular food can be stored in the freezer is not as simple as it sounds. The storage times listed below are approximate months of storage for some food products assuming the food has been prepared and packaged correctly and stored in the freezer at or below 0°F. For best quality use the shorter storage times. After these times, the food should still be safe, just lower in quality.



Food	Approximate months of storage at 0°F
Fruits and Vegetables	8 - 12
Poultry	6 - 9
Fish	3 - 6
Ground Meat	3 - 4
Cured or Processed Meat	1 - 2



Several factors influence the shelf life of frozen food besides the type of food.

Was the food properly blanched?

- Blanching is scalding vegetables in boiling water or steam for a short time.
- Blanching stops enzyme actions which cause loss of flavor, color, texture and nutrients even in frozen storage. Always follow [recommended blanching times](#).

Was the food packaged in appropriate materials?

- Cool all foods and syrups before packaging to speed up the rate of freezing and help retain the natural color, flavor, and texture of the food.
- Packaging materials must be moisture-vapor resistant; durable and leak proof; protect foods from off-flavors and odors; and easy to seal.
- Good packaging choices for freezing foods include rigid containers made of plastic, glass or aluminum; semi-rigid aluminum foil pans; plastic bags; and flexible wraps including plastic, foil and laminated paper. For best moisture-vapor resistance, be sure to choose bags, wraps and boxes made especially for food freezing.
- Allow enough [headspace](#) so food can expand without breaking package seals.
- Label each package; include the name of the product, any added ingredients, packaging date, the number of servings of amount, and form of food.
- Use freezer tape, or pens and labels made especially for freezer use.

Was the food stored at an acceptable temperature?

- Freeze and store food at 0°F or lower for the best quality.
- Freeze foods as soon as they are packed and sealed.
- Do not overload the freezer with unfrozen food.
- Leave space among new, warm packages so the cold air can circulate freely around them. When the food is frozen, stack and store the packages close together if desire.
- A good policy to remember and follow is "first in, first out". Rotate foods so that you use the older items first and enjoy your food at its best quality.

Altitude effects canning times just like it does when you bake. Recipes are written for altitudes up to 1,000 feet above sea level. Be sure to check the chart below for adjustments for your altitude.

Altitude Feet	Increase Processing Time
1,001 - 3,000	5 minutes
3,001 - 6,000	10 minutes
6,001 - 8,000	15 minutes
8,001 - 10,000	20 minutes

National Center for Home Food Preservation

<http://nchfp.uga.edu/>

Simply Canning

<http://www.simplycanning.com/about-simplycanning.html>

For successful canning you need to leave the right amount of space between the food and the rim of the jar. This space is called "headspace". This diagram shows you how to measure this space. Always measure from the top of the jar rim down to the top of the food.

Headspace



Amount of Headspace varies depending on the recipe. Refer to "Ball Canning Guide".

"GRAB & GO!"



In today's world and with all of our busy lifestyles it brings peace of mind knowing that if an emergency came about or if we had to flee home unexpectedly we could just grab our 72 hour backpack filled with enough staples and necessities to sustain us for a few days. When preparing a Grab & Go backpack it is important to include individual packs for all family members tailored carefully for our children and animals. Packing packs in matching colors possibly bright orange or red will make them easily identifiable in times of panic. A pack for each family member and animal is a perfect way to personalize the pack to locate individual medications, clothing sizes, toys and personal Identifications items.

It is also suggested that the parental backpack contain a master copy of all members vital records such as Birth Certificates, Social Security Numbers, Family Photo, Medical information, Drivers Licenses etc. As we do not want to even think of the possibility of becoming separated during the event of a Disaster it could happen. Supplying each individual with their own identification papers and emergency contact information will assist with the possibility of separation.

So, what do we pack? For Children it should be not too different than adults. Pets will have a pack too with vaccination records, medications if needed, name Identification as well as contact information.

ADULT + Child	BABY + CHILD	PET
Identification, Passport, License, SSI #	Identification, Passport, License, SSI #	Identification
Medication list & Meds for 5 days, Tylenol	Medication list & Meds for 5 days, Tylenol	Vaccination Record
Family Photo, Birth Certificates, Car Keys	Family Photo & Birth Certificates	Contact Info
Flashlight & Batteries, Toilet Paper	Flashlight & Batteries, Toilet Paper	Food Bowl
Battery Operated Radio & Extra Batteries	Battery Operated Radio & Extra Batteries	Dried Food
Shoes, Underwear, Socks, Poncho, Hat	Shoes, Underwear, Socks, Poncho, Hat	Dog or Cat Treats
Extra set of clothing. Sweatshirt.	Extra set of clothing. Sweatshirt	Toy
Bottled Water, Granola Bars , Dried fruit	Formula, Bottle, Pacifier, Baby Blanket	Towel for Bed
Peanut Butter, Jerky, Nuts, Crackers	Bottled Water, Granola Bars , Dried fruit	Bottled Water
Small Notebook and Pencil	Peanut Butter, Jerky, Nuts, Crackers	Leash
Contact Phone numbers , Relatives	Contact Phone numbers , Relatives	
Gallon Zip Lock Baggies	Diapers , Wipes , Diaper Rash Cream	
Whistle , First Aid Kit, Toothbrush & Paste	Whistle , First Aid Kit, Toothbrush & Paste	
Bar of Soap and Washcloth, Comb, Brush	Bar of Soap and Washcloth, Comb, Brush	
Deck of Cards, Candle, Toy	Coloring Book , Crayons, Toy	

So now that we have suggestions for items to place in our packs, what is next? Here are a few ideas:

- Have a family meeting to prepare your Backpacks. Make a day of it. Pack carefully, lots to put in!
- Have a Drill regularly to locate packs, it is advised that they are all kept together perhaps in an easy to find place near a door for easy out. A location free from freezing or clutter.
- Check out your packs periodically to be sure batteries and supplies are still fresh and ready.
- Rest a little easier knowing you have what you need just in case. **Great Job!**

Your Happiness Lies in the Balance

By Frank Sonnenberg 15 Comments



Do you feel pulled in a million directions? I think we all feel that way. We're torn between wanting more and being satisfied with what we have . . . between choosing a fast-track career and having a "normal" family and social life . . . between taking another piece of chocolate and thinking about how we'll look in a bathing suit. Finding balance in life is a very noble pursuit, but it can be elusive and hard to achieve. How do you live a well-balanced life?

Because we're all unique, it's important to define what balance means to you and how you plan to achieve it. That process begins by establishing goals and determining priorities. Of course, there may be people who prefer to skip this step and cut to the chase, but if that path is taken, priorities will be chosen for them. There are eight areas of our life that require careful balance. They are depicted in the following visual.



These are common dilemmas that we face each day. What's the right balance for you?

- | | | | |
|----------------------------------|---|---|--|
| Having a fast-track career | ● | ● | Maintaining a vibrant family and social life |
| Making time to think | ● | ● | Completing a task |
| Eating what you love | ● | ● | Living a healthy lifestyle |
| Working for money | ● | ● | Doing what you love |
| Having "me" time | ● | ● | Being social with others |
| Spending money now | ● | ● | Saving for the future |
| Doing what you want | ● | ● | Doing what is expected of you |
| Spending time with the kids | ● | ● | Enjoying one-on-one time with your spouse |
| Pushing yourself to achieve more | ● | ● | Stopping to smell the roses |
| Trying something new | ● | ● | Overcoming fear of change |
| Advocating for your ideas | ● | ● | Compromising to gain acceptance |
| Responding to requests | ● | ● | Focusing on your priorities |
| Requesting help | ● | ● | Being self-sufficient |
| Following the crowd | ● | ● | Following your instinct |
| Holding people accountable | ● | ● | Forgiving and forgetting |
| Controlling the activity | ● | ● | Delegating responsibility |
| Waiting for someone | ● | ● | Moving on |
| Following your heart | ● | ● | Listening to your head |

Life Is a Balancing Act / Keeping Life in Balance

Here are some guidelines for keeping your life in balance:

Remain focused and disciplined. Do you feel overwhelmed at times? That may be because you value quantity over quality. Priorities serve as guideposts to keep you on track. Your goal shouldn't be checking items off a to-do list, but rather doing things that matter.

Invest your time wisely. Resources are finite. When you over commit your time or spread your resources too thin, you fail to dedicate the attention that your priorities deserve.

Learn to set boundaries. The goal shouldn't always be adding, but also subtracting from daily tasks. While any single request may seem reasonable, added together they'll divert your attention from your priorities. So learn to say "No." As Jessye Norman, award-winning opera singer and performer, said, "Problems arise in that one has to find a balance between what people need from you and what you need for yourself."

Minimize toxicity. While toxic food is bad for your health and well-being, so are negative and unethical people. They'll sap your energy and drain your soul.

Invest in relationships. Studies show that relationships are a key source of happiness. Being a good spouse, parent, or friend doesn't happen by chance. It requires an investment.

Try something new. Don't be so busy that you don't have time for something new. Expand your horizons. You won't know what the world offers unless you give it a try.

Treat yourself. Stop being so rigid by seeing the world as black or white. The fact is, most of life remains somewhere in between. So, if you're living at one end of the extreme, there's nothing wrong with deviating from your habit every once in a while.

Make time for nothing. Being busy doesn't always mean being productive. Set aside time to relax and think. It'll give you time to smell the roses and learn from each experience. It's important to enjoy the journey as well as the destination.

Be open to change. Love what you do and the choices that you make, but not so much that you're unwilling to change. There's a fine line between passion and obsession.

Live life with a purpose. Happiness isn't the result of accumulating things. It's about living life with a purpose.

Remember, it's not that you don't have enough time to devote to things that matter to you - but rather, the time needed was spent doing something else?

Strike the Right Balance

Many of us take each day as it comes and then seem surprised to find where life has taken us. We've risen to the top, but regret what we've lost during the journey; we've accumulated fancy possessions, but learned that money can't buy the best riches in life. It's as if we've followed a prepared script rather than consciously choosing the right path for us.

In the end, happiness is not a matter of intensity, but of balance. It's about thinking *and* doing; desiring more *and* being satisfied with what you have; doing what you want *and* what is expected of you. While this may sound simple, it's not easy. And it's not going to happen by itself. So determine what works best for you and be conscious of the choices that you make every day. As the saying goes, "The key to keeping your balance is knowing when you've lost it." Your happiness lies in the balance.

Additional Reading: There's No Dress Rehearsal in Life

It's Time to Sweat the Big Stuff

There's More to Life than Money

24 Ways to Simplify Your Life

The Power of a Positive Attitude

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Posted on May 27, 2014 Filed Under: Blog, Family, Life Balance, Self-help Image licensed from Shutterstock

About Frank Sonnenberg Frank Sonnenberg is an award-winning author. He has written six books and over 300 articles. Frank

was recently named one of "America's Top 100 Thought Leaders" and one of America's Most Influential Small Business Experts.

Frank has served on several boards and has consulted to some of the largest and most respected companies in the world.

Additionally, FrankSonnenbergOnline was named among the "Best 21st Century Leadership Blogs," among the "Top 100 Socially-Shared Leadership Blogs," and one of the "Best Inspirational Blogs On the Planet." Frank's newest book, BOOKSMART: Hundreds of real-world lessons for success and happiness, was released November 2016 (© 2018 Frank Sonnenberg. All rights reserved.)



CONTEST ENTRY FORM FOR: BAKING, CANDY, NEEDLEWORK, QUILTS, SEWING.

- (Write contest Name on line 1)
- **FOOD PRESERVATION has it's own entry form**

<p align="center">CONTEST _____ WA STATE GRANGE FAMILY LIVING CONTEST ENTRY FORM</p> <p>DIVISION A / J / Y GROUP _____</p> <p>CLASS _____ ENTRY # _____</p> <p>ITEM _____</p> <p>NAME _____</p> <p>GRANGE _____ No. _____</p> <p>POMONA _____ NO. _____</p> <p>DISTRICT _____</p> <p><u>FOLD UP TO COVER NAME FOR JUDGING</u></p>	<p align="center">CONTEST _____ WA STATE GRANGE FAMILY LIVING CONTEST ENTRY FORM</p> <p>DIVISION A / J / Y GROUP _____</p> <p>CLASS _____ ENTRY # _____</p> <p>ITEM _____</p> <p>NAME _____</p> <p>GRANGE _____ No. _____</p> <p>POMONA _____ NO. _____</p> <p>DISTRICT _____</p> <p><u>FOLD UP TO COVER NAME FOR JUDGING</u></p>	<p align="center">CONTEST _____ WA STATE GRANGE FAMILY LIVING CONTEST ENTRY FORM</p> <p>DIVISION A / J / Y GROUP _____</p> <p>CLASS _____ ENTRY # _____</p> <p>ITEM _____</p> <p>NAME _____</p> <p>GRANGE _____ No. _____</p> <p>POMONA _____ NO. _____</p> <p>DISTRICT _____</p> <p><u>FOLD UP TO COVER NAME FOR JUDGING</u></p>
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BE SURE TO FILL OUT THE APPROPRIATE ENTRY FORM FOR CONTESTS
 "ALL CONTEST" ENTRY FORM FOR: BAKING, CANDY, NEEDLEWORK, QUILTS & SEWING
 "FOOD PRESERVATION" CONTEST HAS OWN ENTRY FORM

WA STATE GRANGE FAMILY LIVING FOOD PRESERVATION CONTEST ENTRY FORMS

Family Living Contests Item # _____	Family Living Contests Item # _____	Family Living Contests Item # _____
Division: A Y J (Circle Choice)	Division: A Y J (Circle Choice)	Division: A Y J (Circle Choice)
Group : 3 FOOD PRESERVATION	Group : 3 FOOD PRESERVATION	Group : 3 FOOD PRESERVATION
Class: _____ ITEM: _____ Processing Date: _____ Processing Method: _____ Processing Time: _____ Pressure: _____ Altitude _____ Citric Acid / lemon juice- Yes/ No	Class: _____ ITEM: _____ Processing Date: _____ Processing Method: _____ Processing Time: _____ Pressure: _____ Altitude _____ Citric Acid / lemon juice- Yes/ No	Class: _____ ITEM: _____ Processing Date: _____ Processing Method: _____ Processing Time: _____ Pressure: _____ Altitude _____ Citric Acid / lemon juice- Yes/ No
POMONA: _____ District	POMONA: _____ District	POMONA: _____ District
Exhibitor Name _____ GRANGE _____ # _____	Exhibitor Name _____ GRANGE _____ # _____	Exhibitor Name _____ GRANGE _____ # _____
FOLD HERE	FOLD HERE	FOLD HERE
Member ___ Non-Member ___	Member ___ Non-Member ___	Member ___ Non-Member ___
Sponsoring Grange _____	Sponsoring Grange _____	Sponsoring Grange _____
ENTRY CLAIM # _____	ENTRY CLAIM # _____	ENTRY CLAIM # _____

Family Living Contests Item # _____	Family Living Contests Item # _____	Family Living Contests Item # _____
Division: A Y J (Circle Choice)	Division: A Y J (Circle Choice)	Division: A Y J (Circle Choice)
Group : 3 FOOD PRESERVATION	Group : 3 FOOD PRESERVATION	Group : 3 FOOD PRESERVATION
Class: _____ ITEM _____ Processing Date: _____ Processing Method: _____ Processing Time: _____ Pressure: _____ Altitude _____ Citric Acid / lemon juice- Yes/ No	Class: _____ ITEM: _____ Processing Date: _____ Processing Method: _____ Processing Time: _____ Pressure: _____ Altitude _____ Citric Acid / lemon juice- Yes/ No	Class: _____ ITEM _____ Processing Date: _____ Processing Method: _____ Processing Time: _____ Pressure: _____ Altitude _____ Citric Acid / lemon juice- Yes/ No
POMONA: _____ District	POMONA: _____ District	POMONA: _____ District
Exhibitor Name _____ FOLD HERE	Exhibitor Name _____ FOLD HERE	Exhibitor Name _____ FOLD HERE
Sponsoring Grange _____	Sponsoring Grange _____	Sponsoring Grange _____
Member ___ Non-Member ___	Member ___ Non-Member ___	Member ___ Non-Member ___
Grange _____ # _____	Grange _____ # _____	Grange _____ # _____