



Perry Valley Grange #1804, Inc. Newsletter

Meeting Location:

**Millerstown Community Park Building
110 Juniata Parkway West, Millerstown, PA 17062**

Special Events Planned for May/June

Friday, May 7th @ 6:30 p.m.
Outing to Duke's Bar & Grill



Situated on the beautiful Susquehanna River at 313 S. Front Street, Wormleysburg, Duke's offers both indoor and outdoor dining.

This will be a "Dutch-Treat" outing for dinner, drinks and socially distanced fellowship. If you plan to attend, please notify Krista Pontius at 717-385-6015 by May 5th.

There will be no regular business meeting or program at the Community Park Building in May.

June 11, 2021 Meeting
6:30 p.m. @ Park Building

Celebrate National Dairy Month with your favorite dairy treat.

National Dairy Month acts as a reminder of the health benefits that dairy products provide. They contain essential nutrients — including calcium, potassium, vitamin D, and protein. They also reduce the risk of high blood pressure, osteoporosis, and certain cancers, while helping us to better manage our weight. Kick start each day with nutrient-rich dairy products and start your summer on a healthy note.

The Perry County Dairy Promotion Team will join us at the Grange meeting to celebrate the dairy industry, share some delicious recipes, and allow us to sample some delicious dairy products.

See next page for "Fun Facts about Dairy Foods".



Fun Facts about Cows & Dairy Foods

The modern cow is descended from a now-extinct wild bovine called the aurochs (pronounced OR-ox). Humans domesticated the aurochs about 10,000 years ago, and have been consuming cows' milk ever since. The first cow in America arrived in the Jamestown colony in 1611 and, until the 1850s, nearly every family had its own cow. So for June Dairy Month, let's celebrate the dairy cow and the products made from her milk with some fun dairy facts!

Cow Facts

- The average dairy cow weighs about 1,400 lbs.
- Cows have 32 teeth, all of them on the bottom with a dental pad on top.
- Cows have an acute sense of smell, and can smell something up to six miles away.
- A cow eats 90–100 pounds of food and drinks about 35 gallons of water (the equivalent of a bathtub full) every day.
- A cow spends about 6 hours eating and 8 hours chewing its cud every day.
- A cow does not actually have four stomachs, but a single stomach with four compartments:
- Rumen – The first part of the cow's stomach helps break down complex plant products like grass.
- Reticulum – The food is then mixed with saliva to produce a cud, which the cow brings back up to her mouth to chew and break down further.
- Omasum – Where all the water is absorbed out of the food.
- Abomasum – Where the food is finally digested, as in a human stomach.
- A cow produces an average of 6.3 gallons of milk daily. That's more than 2,300 gallons each year and 350,000 glasses of milk in a lifetime.
- A cow is more valuable for its milk, cheese, butter and yogurt than for its beef.

Milk Facts

- U.S. dairy farms produce roughly 21 billion gallons of milk annually.
- All 50 states in the U.S. have dairy farms.

- Dairy farmers are paid by the hundredweight (100 pounds), not by the gallon. There are approximately 8.6 pounds of milk per gallon.
- 99 percent of all U.S. households purchase milk. The average American consumes almost 25 gallons of milk each year.
- About 72 percent of the calcium in the U.S. food supply comes from dairy foods.
- To get the amount of calcium in an 8-ounce glass of milk, you'd have to eat seven oranges or six slices of wheat bread.
- Fresh milk will stay fresher longer if you add a pinch of salt to each quart.

Facts about Cheese and Other Dairy Products

- The natural yellow color of butter comes mainly from the beta-carotene found in the grass cows eat.
- Americans eat more than 300,000 tons of yogurt per year.
- About 300 varieties of cheese are sold in the United States.
- The most popular cheese in America is Cheddar.
- Vanilla is America's favorite ice cream flavor.
- It takes about 50 licks to finish a single ice cream scoop.
- It takes 10 pounds of milk to make one pound of cheese.
- It takes 12 pounds of whole milk to make one gallon of ice cream.
- It takes 21.8 pounds of milk to make one pound of butter.

Information from "The Wisconsin Cheeseman"

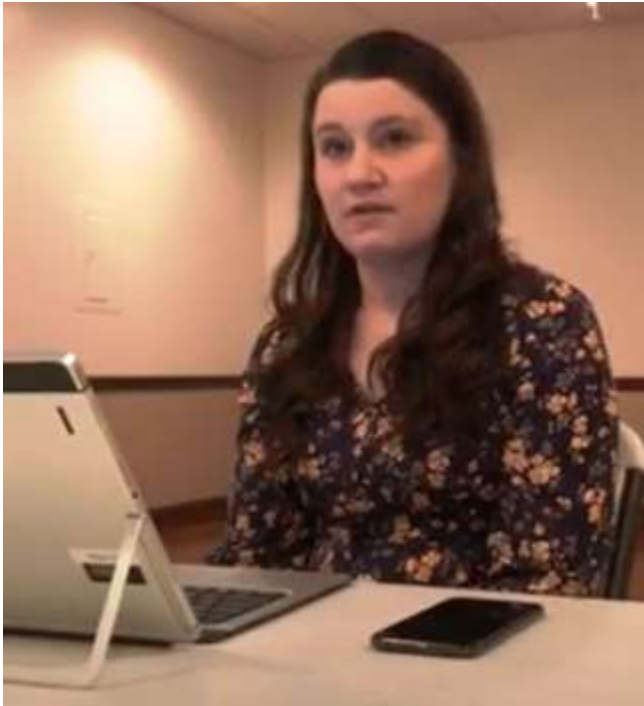
Grange Initiates Meal Delivery Program in March

Perry Valley started a meal delivery program this spring to provide a free hot meal on the second Saturday of each month to those facing food insecurity and/or social isolation during the COVID pandemic. Local church volunteers deliver the meals and are taking turns preparing the meals with funding provided by the Grange.



Meals will be prepared by Central Baptist Church in May and Reward United Methodist Church in June.

Program Highlights



You always learn something at Grange meeting programs. Allison Thebes (above) from the Perry County Office of the Aging outlined senior services in March, while in April Dr. James Diamond (below) discussed animal bells from around the world.



Financial Report

Checking Balance 3/1/2021..... \$ 25,513.26
 PLUS: Receipts – March-April.. + 1,102.84
 LESS: Expenses – March-April..... - 2,733.07
 Checking Balance 4/30/2021 \$ 25,883.26
 Certificates of Deposit \$102,911.76

Coming Events

May 2021 Calendar

5	Planning meeting for Pomona Grange 4-H Support project – 3:30 p.m. at Community Grange Hall
7	Dutch-Treat Grange Outing <i>Duke’s Bar & Grill, 313 S. Front St., Wormleysburg @ 6:30 p.m.</i> Reservations due to 717-385-6015 by May 5 th
8	Meal Delivery – Pick-up at Central Baptist Church, Pines Road, Millerstown
24	Executive Committee Meeting – 6:30 p.m. Home of Peg Bolton

June 2021 Calendar

11	Grange Meeting - 6:30 p.m. @ Park Bldg. Celebrating Dairy Month
12	Meal Delivery – Pick-up at Reward United Methodist Church, Perry Valley Road, Millerstown
22	Benefit Chicken Barbeque Drive-Through Dinner at Park for Perry County 4-H Program – 4-6 p.m. Free Summer Concert in the Park (see Page 7)
28	Executive Committee Meeting – 6:30 p.m. Home of Peg Bolton

Celebrating Special Days

May Birthdays

- 21 Barbara Sheaffer
- 22 Bonnie Cameron
- 24 Ezra Grubb
- 29 James Fuller

May Anniversaries

- 23 Jason & Krista Pontius
- 31 Lee & Catherine Morrison

June Birthdays

- 4 Olga Brookhart
- 13 Dolores Guyer
- 27 Dan Barkley

June Anniversaries

- 27 Edgar & Linda Byers

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Brag About Ag... To celebrate the end of a challenging year, Perry Valley Grange will sponsor Ag Day events for 4th grade students from both Greenwood and Newport Schools in early June. The local FFA chapters will be partnering with the Grange to provide these educational activities.

2021 Summer Free Park Concerts

Millerstown Community Park, 110 West Juniata Parkway

Enjoy a relaxing summer evening of free musical entertainment in the park amphitheater. Bring a lawn chair. In the event of rain, check for updates on Facebook about a possible alternate location.

Tuesday, June 22nd

7:00 p.m.



Jeremy Goodling

Christian Singer

Tuesday, July 27th

7:00 p.m.



Van Wagner

Story Teller-Musician-Historian

Drive-Through Chicken Barbeque Dinner 4-6 p.m. on June 22nd to benefit Perry County 4-H Program

Added Bonuses Each Evening

**Farm Show Milkshakes – sales benefit local Scouts & FFA
Perry County Bicentennial Mobile History Museum**



Free concerts sponsored as a community service by Perry Valley Grange #1804 with financial support from the following businesses:

Bark of the Town, Millerstown
Barnes Body Shop, Thompsontown
Bratton Insurance, Millerstown
Graybill Transportation, Millerstown
Hengst Family Dental, Newport
Hunters Valley Inc., Liverpool
Juniata Valley Bank, various locations

Millerstown Veterinary Associates
Mutzabaugh's Family Market, Duncannon
Myers Funeral Home, Newport
Pennian Bank, various locations
Perry County Land & Cattle Co., Newport
J.P. Russell & Son, Millerstown
Willowbrook Apartments, Millerstown

Perry Valley Grange #1804, Inc.

*c/o Douglas A. Bonsall
300 Swatara Street, PO Box 765
Dauphin, PA 17018-0765*



**May-June 2021
Newsletter**

Krista Pontius Recognized for Teaching Excellence

.A Greenwood High School teacher and Perry Valley's own Krista Pontius has been named a national semi-finalist in the Top Teacher Search by a TV show "Live with Kelly (Ripa) and Ryan (Seacrest)".

Her students affectionately call her "KP," She is described as "compassionate," "selfless" and "fun." Krista has been teaching since 1997 after she earned her Bachelor's and Master's degrees in Agricultural and Extension Education from Penn State College of Agriculture Sciences. Krista's nomination letter says she "has been the recipient of numerous awards for teaching and for her active role in her community."

Over the years she has helped her students win many awards at the regional, state, and national levels and aided her students in raising \$55,000 and packing 150,000 meals that were given or distributed to the local food banks. Krista even traveled to Haiti and worked in an orphanage helping the poor.

The top four will be featured and the grand prize winner will receive \$10,000 plus an additional donor's choose gift card from Sonic to fund learning supplies for their classroom.

