



Community Gardens

Maybe recently you've noticed the crop of Community Gardens sprouting up around town. Community Gardens have been quite the thing in most other places for years, but they have just recently begun showing up around Billings.

The City of Billings - Community Development division created a Community Garden and Food Security Initiative as a part of the [Billings Metro VISTA Project](#). Two AmeriCorps VISTA members worked on the initiative from July 2010 to July 2011 to increase food security within the community. As a result, several community gardens were created and are sustained by local nonprofit organizations today.

The Housing Authority of Billings started community gardens with the assistance of VISTA's at a few of their housing sites such as Whitetail Run Apartments, Pleasantview Apartments, and St. John's Apartments. They also offer the Bucket Garden Program to their residents who are at other housing complexes where there is not space for a garden.

A veteran's garden was started at Independence Hall and youth/children gardens were started at the Salvation Army, Friendship House, and Headstart. The City of Billings Parks Department has also gotten involved in community gardens. They began a community garden at Amend Park located on South Billings Blvd. and the Songbird Community Garden located in Josephine crossing.

While the gardens at the Housing Authority Apartments and other agencies are reserved for their clients, I did look into the Parks Department Community Gardens and the cost at Amend Park is \$15 to \$40 for a plot depending on the plot size if you are interested in gardening your own little plot. The plots in the Songbird Community Garden are \$10 to \$40 depending plot size. Community Gardens continued page 2....



Volume 1, Issue 5

March 2018

In this issue:

Community Gardens	1
Gardens continued	2
Volunteer Opportunities	2
Committee Happenings	3
Big Fred	3
District News	3
CAP Center Corner	4

March Quote: "Kindness is a language the blind can see and the deaf can hear."

Mark Twain

Club
President:
Tony
Parish





EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

The National Convention will be here before you know it! This year, our National Convention is to be held at the Nugget Casino Resort on July 12 - 14 in Reno, NV.

The Keynote Speaker is Amelia Rose Earheart who is the President of the Fly With Amelia Foundation, a non-profit organization that grants flight-training scholarships to young women, aged sixteen to eighteen. The Fly With Amelia Foundation also fosters aviation and aerospace opportunities for people of all ages through aviation-based educational STEM opportunities, in partnership with Wings Over the Rockies Air and Space Museum in Denver, CO.

The One Nation Under God Luncheon Speaker is Major Ed Pulido who is the Sr. VP of the Folds of Honor Foundation a Veteran's charity which provides the spouses and children of the fallen and wounded educational scholarships. Additionally, he is a Founding member of Warriors for Freedom Foundation a leadership institute focused on the mental, physical and wellness support of our wounded veterans and their families.

The National Project Luncheon and Symposium Keynote Speaker is Matthew Sandusky who is the Founder and Executive Director of Peaceful Hearts Foundation, was a victim of childhood sexual abuse from the ages 8-17 at the hands of his adopted father, Jerry Sandusky. Matthew is working to turn his traumatic personal experience into a mechanism to prevent childhood sexual abuse and help other survivors heal.

Besides these speakers who are sure to be great there will be a wide array of seminars, workshops, receptions and lots of fun fellowship with fellow Exchangeites from across the country.

In 2017, the City of Billings - Community Development Division began spearheading a three-year urban agriculture initiative to promote food security and economic prosperity including: the creation of community and container gardens and increase access to affordable, fresh produce; the promotion of retail venue distribution / farmers markets to sell healthy food options in food deserts; and to promote cost-saving urban agriculture design to save utility costs for low income households. Through a community capacity-building approach, the VISTA members will work in partnership with individuals, community groups, businesses, and agencies to help develop the skills, resources and support needed to create and sustain food security initiatives. Food security is achieved when access to sufficient, safe, affordable, nutritious, and culturally appropriate foods is present at all times.

A few churches in town also have community gardens. Saint Andrews Presbyterian and Mayflower Church are two that I know of. Their gardens are not a VISTA initiative and I imagine plots are reserved for their members.

If you have a green thumb, but lack the space, maybe a plot in one of Parks Department community gardens is worth looking into. The gardening tools are even provided! If you have a green thumb and love to plant several seedlings every spring that could use a sunny home, consider checking in with one of these organizations to see if they can take your seedlings.



Source: www.ci.billings.mt.us

March Volunteer Opportunities:

No Metra events scheduled. Take some time and get to know your fellow Exchange Members. Get a group together and grab a drink or meal!



THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT

PO Box 2224
Billings, MT 59103

www.breakfastexchangeclub.org
Check us out on Facebook!

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

Yellowstone District News:

Mark your calendars now. The Yellowstone District Convention is scheduled for June 1 & 2 and will be held at the Northern Hotel in downtown Billings.

March 1st will be the 2nd "Next Step" meeting for the Bozeman Exchange. If you know someone who resides in Bozeman that might be interested in Exchange, be sure and invite them! 11:00 a.m. at Clarks Fork in Bozeman.

March 1st will also be the 2nd "Next Step" meeting for the West end after hours Exchange Club. 5:30 p.m. at Hilton Garden Inn. If you know anyone interested in Exchange and would prefer an evening meeting, invite them to attend.

Some possible other new traditional clubs in the works: Dillon and Sheridan, WY.

New Excel Clubs is in the works for Idaho Falls, ID, Billings Senior High (sponsored by Downtown Club), and at the Boy's and Girl's Club (sponsored by Heights Club). Great Falls recently got an Excel Club up and running with 30 students/charter members.

Calling all Event Planners! District Convention Planning is happening! The first planning meeting took place in December, but you can still jump in! See Leif if interested!!

Committee Happenings:

Food Truck Wars Committee—Next meeting Tuesday, March 13th at 5:30 p.m. @ American Legion
Social Committee—Shrimp Boil scheduled for Saturday, March 10th.

House Committee is planning a shindig to celebrate the 40th year of our contract/partnership with Metra to sell beer! Stay tuned for more details...

Patriotism Committee—Come help hand out flags for St. Patty's Day Parade on March 17th!!!!

****Committee Chairs**—Please email your upcoming events to dinaharmon1212@gmail.com to be included in next months newsletter!**

Big Fred

Who remembers Billings Centennial?

The Breakfast Exchange Board of Directors decided to have Mike Capser, a Montana Artist and Sculptor do a 7' bronze sculpture of Frederick Billings (Big Fred) to commemorate Billings Centennial. Big Fred was to be put somewhere in Billings. Seems Big Fred was not really welcome anywhere. Billings residents seemed to feel the bronze statue was nothing more than something to be used by the pigeons. After 2 or 3 moves he finally found a home at the Western Heritage Center.

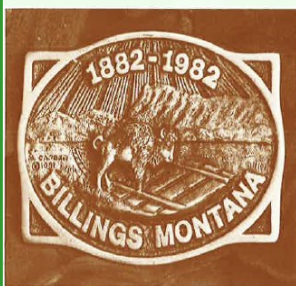
It was estimated that Big Fred would cost \$50,000 to make, so we went about raising the money to pay for it. We had eighteen 18" high bronzes of Fred, also known as "Little Freds" made that were sold for \$2,500 each. 75 The End and the Beginning sculptures, which was a buffalo crossing a railroad track, were sold for \$950 each.

There was also a brass Commemorative Belt Buckle made showing the End and the Beginning theme. The belt buckles were sold for \$29.95 each.

We spent \$83,500 on this project and our total receipts were \$93,325.

There was one very notable sale. Eight of The End and The Beginning sculptures and five of the Little Freds were sold to:

Laurance Rockefeller
30 Rockefeller Center
New York, N.Y



How many of our Members that were members during this time still have their belt buckle?



The End and the Beginning



Little Freds

THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT

PO Box 2224
Billings, MT 59103

www.breakfastexchangeclub.org
Check us out on Facebook!

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

Looking for something to do and support community organizations at the same time?

3/3—Art Auction 50 @ YAM

3/6—Tuesday Night Bingo fundraiser for Out of the Darkness Community Walk @ 406 Kitchen & Tap Room

3/7—HuCares Night for ZooMontana @ HuHut

3/10—Dress for Success Fundraiser: Sweet Success

3/13—Squire Lounge Bingo Fundraiser for Boys & Girls Club

3/23—Be Great Ball Fundraiser for Boys & Girls Club



CAP Center Corner

Did you know the Family Tree Center offers Parent Education?

The Family Tree Center utilizes the Nurturing Parenting Program that has been recognized internationally as a Evidence Based Curriculum for over 30 years to provide classes in the categories of Infants, Toddlers, and Preschoolers (0-5) or Grade School through Pre-Adolescents (5-12).

The classes are two hours in length and held weekly for 15 weeks to ensure the healthiest outcome for the family. Childcare and dinner are provided for the children at no charge in order to encourage all family members to attend. The classes are provided in a group style format to allow parents/caregivers an opportunity to share their challenges and successes without judgement.

Children learn the same weekly topics as the adults through engaging activities that are taught at their developmental level. Family interaction time and experiential activities allow for a richer learning experience.

The spaces for these classes is limited and registration is required so if you know anyone that might interested, get the word to them asap.

University of Parenting which is an annual series of eight workshops designed to normalize the ups and downs of parenting education and groups of parents listening and laughing with each other is also an offering. The topics are selected by parents and provide ideas and skills for promoting the healthiest family foundations in a diverse and challenging world. Childcare, snacks, special incentives are available to everyone at low cost.

Unfortunately, adversity in life is unavoidable, and crisis and trauma can have a life-long impact to the developing brain. Parents who choose to reach out for help and support actually build stronger protective factors for themselves and their children. Important factors strengthened include:

- * Nurturing and Attachment
- * Knowledge of Parenting and Child & Youth Development
- * Parental Resilience
- * Social Connections
- * Concrete Support Services for Parents
- * Social & Emotional Competence of Children

The Family Tree Center also offers Prevention Education which is training and workshops for parents, childcare workers and others about recognizing, reporting and preventing child physical abuse, sexual abuse and neglect.

