



# EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

## June—Where We've Been

Well, The Yellowstone Room will soon come tumbling down, but our time there sure served us well! What did we ever do for a yummy belly full on Friday mornings before the Yellowstone Room? Well, I'm glad you asked. I did a little research and asking around and a couple good sources came up. We will just call them Mike and John for this little news piece.

This cool little club came to be in 1972! At that time, breakfast was served up to the members at B's Belknap Broiler or Belknap Café. Members were paying a whopping \$1.50 for breakfast at that time until December of 1973 when the price went up by .10 cents. From there, members took their Friday morning gathering to the Esquire Café for a short stint and then moved onto the The Golden Belle in the Northern Hotel in 1975. The cost of breakfast got a little steeper at that point at \$2.25 a member.

From there, they found themselves at the Granite Towers Quarry Restaurant in the Granite Towers in 1977 with a hot breakfast still coming in at \$2.25 a member. In 1981, it became time to change again. The good old boys now found themselves meeting for breakfast at the Rimrock Dinner House on North 27th Street. They also saw a price increase with this change. Breakfast went up to \$3.25 a member at this point.

The Sheridan Hotel became the next breakfast meeting place in 1986 and then they really saw a price jump with breakfast going to \$5.00 a member. After The Sheridan Hotel, members met at Eastern Montana College (now MSU-B) and then the Elks Club before landing in the Yellowstone Room.

With all the Cafes/Restaurants, the food and the service started out great as the businesses were glad to have them, but as time went on the membership needed to look for a new location as the businesses lost interest due the club not meeting the minimum number requirements or just general continued lack of interest in continuing to serve the membership. With the loss of interest in our business, the food quality and service went down hill quickly or they looked to high price increases which encouraged membership to look elsewhere.

Where we will end up next is hard to say, but hopefully we land a home similar to the Yellowstone Room that fits all our needs—breakfast on Fridays, board meetings, socials and most importantly our bar! Until then, see you in Cedar Hall or somewhere on the Metra grounds!

See a bit more on the Yellowstone Room page 2...

### Volume 3, Issue 11

June 2020

#### In this issue:

Where We've Been	1
Yellowstone Downs	2
Yellowstone continued	3
Volunteer Opportunities	2
Community Happenings	3
CAP Center Corner	4
Committee Happenings	5

*June Quote: "We are only as strong as we are united, as weak as we are divided."—J.K. Rowling*

Club

President:

Rene Critelli



BEC June NEWSLETTER

The Breakfast Exchange Club of Billings

## June Volunteer Opportunities:

All June Events Postponed or cancelled :(

## Future Volunteer Opportunities:

July 18—Brews & BBQ

September 17—Toby Keith

October 6—Cher

October 10-17—NILE Rodeo

October 20—Luke Combs



Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangers!



2018 BEST CLUB BULLETIN  
Exchange Club  
75 or more members



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## *And the walls come tumbling down...*

### *Yellowstone Room*



### The Horse Races

If you go back to the nineteen forty's you'll find the roots of pari-mutual racing at Yellowstone Downs. Back then it just went by Billings (Bil), along with Great Falls, they both hosted a week of racing. At some point around the seventies the name was changed to Metrapark (MeP), which we now know as the facility which includes the track and hosts the Montana State Fair.

Finally it got an official sounding race track name, Yellowstone Downs.

Yes, the name sounded great, the facility looked pretty much like a real track, but it still was just a fair track with a week of racing. After the 2011 season it wasn't even that. The Montana Track with the official name cancelled racing after that season. Supporters vowed to return in 2013 but that didn't happen. They were then hoping 2014 would be the year racing would return to Billings, but truth be told racing will probably disappear from Montana before it returns to Yellowstone Downs.

**08/13/1946 Pari Mutual horse racing begins in Billings.**

**08/19/1978 An estimated crowd of 9,600 sets attendance record.**

**08/20/1983 Fans bet \$291,613 to set all time handle record.**

**09/18/2011 We Love Ya Too wins finale at Yellowstone.**

<http://www.horseracing-tracks.com/tracks/mt/homeYd.html>

*Photos on page 3...*



**THE BREAKFAST  
EXCHANGE CLUB OF  
BILLINGS, MT**

PO Box 2224  
Billings, MT

[www.breakfastexchangeclub.or](http://www.breakfastexchangeclub.or)

*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*

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

**June 7—Downtown Litter Pickup (8:00—10:00 a.m., meet at Liberty & Vine)**

**June 18—Montana Firefighters Memorial Virtual Run**

**June 19—Community Diaper Drive (through) @ United Way**

**Mondays—Community Monday @ Hooligans (each week benefits different organization)**

**Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)**

**Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)**



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*Photos courtesy of McChump Tours*



## CAP Center Corner

### Make Summer Safe for Kids

Summer is a great time for kids to enjoy different indoor and outdoor activities. Whether they are young children or teens, learn ways to keep your kids safe and healthy while they enjoy the summer fun.

#### Master water safety

Water-related activities are popular for getting physical activity and have many health benefits. Here are some tips to stay safe while having fun.

Learn how to prevent recreational water illnesses and help protect yourself and your kids.

Help kids get H2O Smartz about water safety.

Drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning.

- Always supervise children when in or around water. A responsible adult should constantly watch young children.
- Teach kids to swim. Formal swimming lessons can protect young children from drowning.
- Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life.
- Install a four-sided fence around home pools.

Recreational boating can be a wonderful way to spend time with family and friends. Make boating safety a priority.

- Wear a properly fitted life jacket every time you and your loved ones are on the water.

#### Beat the heat and sun

- Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.
- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediately if your child has symptoms of heat-related illness.
- Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.
- Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

#### Keep mosquitos and ticks from bugging you this summer

Protect yourself and your family by preventing bites and diseases, like Zika, West Nile virus and Lyme disease, which can be transmitted by insects.

- Use an effective insect repellent while playing outdoors.
- Make your backyard a tick-safe zone.
- Check yourself and your children for ticks. Ticks are easy to remove.

Continued on page 5...





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## Prevent Injuries

Each year in the United States, emergency departments treat more than 200,000 children ages 14 and younger for playground-related injuries. Falls at home and on the playground are a common cause of injury.

Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.

- Supervise young children at all times around fall hazards, such as stairs and playground equipment.
- Use stair gates, which can help keep a busy, active child from taking a dangerous tumble.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can occur in any sport or recreation activity.

Learn concussion signs and symptoms and what to do if a concussion occurs.

- Make sure kids and teens wear the right protective equipment for their sport or recreation activity.

Parents can take many actions to protect their children's health and safety at home.

Stay smart around the house by following tips on fire prevention, microwave use, and living with pets.

Learn healthy home tips for each room in the house.

Young workers have high job injury rates. Hazards in the workplace, inexperience, and lack of safety training may increase injury risks for young workers.

- Know their rights, employer and teen worker responsibilities, and what teens under 18 can't do.

## Stop the violence

- Kids can use electronic media to embarrass, harass, or threaten their peers. Take steps to prevent , a term that captures all types of violence that occur electronically.
- As teens develop emotionally, they are heavily influenced by their relationship experiences, including teen dating. Protect your children from teen dating violence. Nearly one in 10 teens reports having been hit or physically hurt on purpose by a boyfriend or girlfriend at least once over a year's time.

<https://www.cdc.gov/family/kids/summer/index.html>

## Committee Happenings:

[BECON Committee](#)—Your June BECON Editor is Rod Hessler.

[Freedom Shrine](#) —Freedom Shrine rededication at McKinley School moved to next school year.

## Other Happenings:

Not much on the horizon right now...

**GET INVOLVED!**

*\*\*Committee Chairs—Please email your upcoming events to [dinaharmon1212@gmail.com](mailto:dinaharmon1212@gmail.com) to be included in next months newsletter!\*\**