



| BEC NEWS LETTER

March 2022

Happy St. Patty's Day!

EVERYONE'S A LITTLE IRISH ON ST. PATRICK'S DAY!

St. Patrick may have been an Irish clergyman, but his death anniversary — observed annually on March 17 — is celebrated worldwide, even in cities and towns with few or no ethnic Irish people. Here is a brief history of the man behind the holiday and the origins of some of the fun traditions associated with the commemoration.

The Clergyman Behind the Celebration

Though revered as the patron saint of Ireland, St. Patrick was not Irish. Born on the British West Coast in 385 AD, Maewyn Succat, as he was then called, was enslaved and sold to an Irish sheep farmer at the age of 16. He escaped and returned to Britain a few years later. After spending 15 years in a monastery, the now renamed Patricius ("Father of the Citizens") returned to Ireland to spread Christianity to its mostly pagan population. While there is some dispute about his death's exact year, historians all agree that it was on March 17.



*"May you have all the happiness and luck that life can hold - and at the end of your rainbows may you find a pot of gold."
-Old Irish Blessing*



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Over the following few centuries, tales of his heroic deeds, which included driving out all of Ireland's snakes into the sea, transformed the once-obscure clergyman into a legendary figure. By the seventh century, St. Patrick had been elevated to the primary patron saint of Ireland, an honor afforded to only two others - Brigid of Kildare and Columba.



Parades

Dublin, Ireland, hosts a week-long St. Patrick's Day celebration (Credit: Informatique/CC BY-SA 2.0/ Wikimedia Commons)

The beloved St. Patrick's Day parade tradition is believed to have begun in New York City on March 17, 1762. The inaugural procession, which comprised a group of homesick Irish immigrants, has grown into one of the world's largest St. Patrick's Day gatherings. Every year, over 2 million spectators line up along Fifth Avenue to watch the six-hour-long, volunteer-organized extravaganza, featuring bands, bagpipes, dancers, and between 150,000 to 250,000 participants.



The parade in Dublin, Ireland is not as impressive. However, the city makes up for it by hosting a week-long celebration, which attracts over a million revelers annually. Unfortunately, the COVID-19 pandemic restrictions have put a damper on these fun events. While New York City plans to stream a virtual parade — showcasing clips from past parade marching bands — Ireland has decided to cancel the celebrations altogether.

How green became the preferred color

The Chicago River is dyed green every St. Patrick's Day (Credit: Puparrazi Photography/CC BY-ND 2.0/Flickr)

Green is synonymous with St. Patrick's Day, and iconic locations around the world are transformed by the color — from the Chicago River to the White House fountain, to famous monuments, such as the Eiffel Tower in Paris and the Opera House in Sydney. However, when the Order of St. Patrick was established in the 1780s, blue was the preferred color. Green, which was associated with Irish nationalism, was introduced to the festivities in the 1790s as a good representation of Ireland's lush green landscape.

The origin behind the American tradition of pinching those not wearing green on St. Patrick's Day is a little hazy. Some attribute it to the green bruise left behind by a fierce pinch, while others credit it to the false belief that wearing green makes one invisible to leprechauns. They maintain that the pinch serves as a reminder to be careful of the crafty creatures.



Leprechaun traps and four-leaf clovers

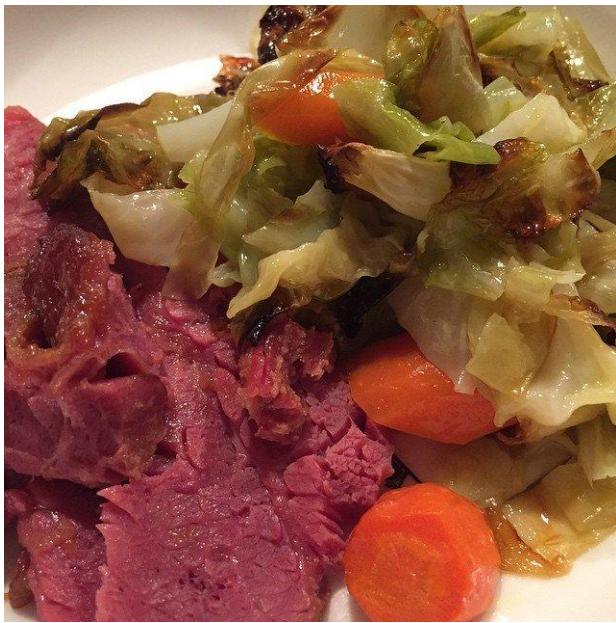
Leprechauns are believed to know the location of pots of gold (Credit: Pxhere.com/CC0 public domain)

For kids, one of the most fun St. Patrick's traditions is setting up leprechaun traps. According to Irish folklore, the solitary fairies — depicted as little bearded men wearing coats and hats — know the location of pots of gold and can also grant any three wishes. The only catch? The sneaky creatures have yet to be seen, let alone caught, by anyone.

Looking for lucky four-leaf clovers is also a popular St. Patrick's Day ritual. However, given that there are about 10,000 three-leaf clovers for every "lucky" four-leaf clover, finding one is almost as elusive as finding a leprechaun.

Why corned beef and cabbage?

Corned beef and cabbage are very popular on St. Patrick's Day (Credit: Dana Moos/CC-BY-SA.2.0 /Flickr)



No St. Patrick's Day celebration is complete without corned beef and cabbage. However, this is not an Irish tradition but an American one started by early Irish settlers, who could afford meat only once a week. Since beef was cheap, it became the meat of choice. Over the years, this "special meal" became associated with the equally special St. Patrick's Day, and the tradition was born. In Ireland, the preferred meat of choice is bacon or lamb.

Do you know of a fun St. Patrick's Day tradition? If so, be sure to share it with us by writing your comments below. -By Meera Dolasia

<https://www.dogonews.com/2021/3/12/its-almost-st-patricks-day-are-you-ready>

National Celery Month

March is National Celery Month. It's a month to celebrate this marshland vegetable. You're up for a Celery-bration, aren't you!? Of course you are! Native to the Mediterranean, Celery is one of the best foods you can eat. It is very, very low in calories, People say it takes more calories to eat celery, than the calories it contains. It is high in fiber, potassium, and vitamins A and C. Celery adds a tasty crunch to salads and tuna fish. It's great in soups, stuffing, and many other recipes. It is a great snack paired with a variety of dips, or peanut butter. And, what would a Bloody Mary be without a stalk of celery!?

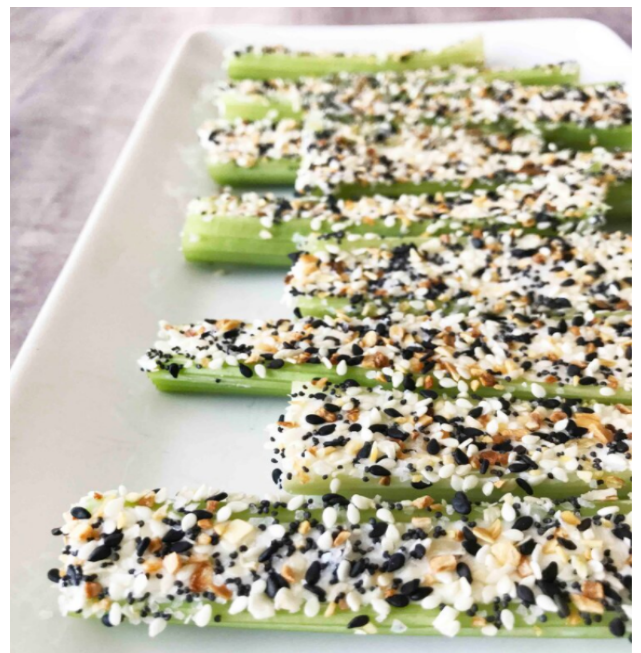


Did You Know? Celery has been used for medicinal purposes for thousands of years. Back in 850 B.C., Celery seed was believed to have healing powers. Benefits include: preventing gallstones, aids in indigestion, and helps to lower blood pressure. So, there's plenty of reasons to eat ample amounts of celery.

How does one celebrate National Celery Month? Dig out your recipe book, and make foods with celery. Give the kids celery and peanut butter for a bedtime snack. See how many times you can use celery in your meals and snacks this month.

History and Origin of National Celery Month:

This special event seems to have started around 2015. There is very little written about it. We did not find the author or any information describing the origin, or reasons for establishing this special month.



It also seems strange to have National Celery Month in March. The gardening season has yet to begin, and the home garden harvest of long growing celery is several months away. We did not find any historic event in March where celery had any involvement. We did not find any presidential proclamations or acts of Congress making this a true "National" celebration.

Note: We also discovered just a small handful of references to "National Celery Day" in July, and just one reference in March. There were so few references that further research seemed futile at this point.

<https://www.holidayinsights.com/moreholidays/March/national-celery-month.htm>

Have an idea for a newsletter topic? Please email Shannon Johnson at:

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EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

THE BREAKFAST
EXCHANGE CLUB OF
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PO Box 2224
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www.breakfastexchangeclub.org

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.

We want to see you!

If you are able, come weekly at 7:00 a.m. on Friday to the Metra Cafe and get to know your fellow Exchangites!



March 2022

Committee Happenings

BECOM Committee March - Shannon Johnson
Invocation Committee -

Volunteer Opportunities

3/23 - Jeff Dunham
3/24 - Outlaws Football

****Don't forget to mark yourself either 'request to work' or 'unavailable' so we can schedule those members first who need to get their events for the year.**

New Members

In February we added four new members to our club! Please help me welcome **Theresa Bybee, Alexander Clark, Joel Graff, and Melissa Kibler.**

Distinguished Member News

We have three distinguished club members that have hit their anniversary in March! These members have been a member of the Breakfast Exchange Club for 20 years or greater. Please congratulate and thank them for their service to our club and all they have done over the years to make the BEC what it is today.





EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

RECOGNITION

It's time to celebrate YOU!! We have so many valuable members in the club and it's high-time that you were recognized for your years of service. So this section of the newsletter has been added this year to do just that!

The following members have been part of the Breakfast Exchange club for 5 years or greater. Please take the time to send an email, give a pat on the back, or give a fist-bump to these loyal members.

Al Jones	33 years	Joined 3/27/1989*
Rod Hessler	29 years	Joined 3/10/1993*
Janet Brown	25 years	Joined 3/09/1997*
Trina White	08 years	Joined 3/20/2014
Jeff Turner	07 years	Joined 3/09/2015
Justin Strecker	07 years	Joined 3/09/2015
Stephanie Romsa	05 years	Joined 3/14/2017
Rob Romsa	05 years	Joined 3/14/2017
Jim Reno	05 years	Joined 3/14/2017
Eric Hefner	05 years	Joined 3/27/2017

***Distinguished Club Member-Greater than 20 years of service**

**THANK YOU FOR YOUR SERVICE TO THE CLUB
AND TO OUR COMMUNITY!**

