

# FCS Fall Newsletter



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## Upcoming Events

September 8, 22:  
Reimagining Rural  
Gathering 6-8pm at  
Congregational Church  
Fellowship Hall

Beginning September 12,  
every Monday and  
Thursday: Strong People  
classes.

- Monday's 8:45am at the Cobblestone in Absarokee
- Thursday's 8:45 and 10am at the Cobblestone in Absarokee

## National Breakfast Month

September is **National Breakfast Month**, and everyone can benefit greatly each day by breaking your long overnight fast with breakfast. There are many advantages to eating a good breakfast: protecting against heart disease, less overeating, better nutrition, enhanced brain power and improved blood sugar regulation.

The most common reason for skipping breakfast is time. A few tips to help you; plan ahead, set out non-perishable items the night before. Get ready for the day and give your body a chance to wake up before you sit down to eat or have items on hand to take and go.

Now, what to eat? Try to include two or more food groups and make sure one of them is high in protein: nuts, meat, beans, eggs, yogurt, or milk. Try to pair your items with a fruit, vegetable, or whole grain to make your protein last longer. There is much truth to "breakfast is the most important meal of the day" try to incorporate this habit into your daily routine.

## Upcoming Events

September 20: ServSafe Manager's food safety training. Registration due September 1.

October 6: Reimagining Rural Gathering 6-8pm at the Congregational Church Fellowship Hall

October 20: ServSafe Manager's food safety training. Registration due October 1.

## 4-H FAIR RECAP

Each year when 4-H fair wraps up I reflect on the week. I take a moment to look through the pictures and videos from the week, and each year I am in awe of the work and the talent these kids display at fair. Our Stillwater County kids are incredible (I may be biased) but when I look at the projects displayed both in the pavilion and out in the barns, they produce some quality projects and prove the research behind 4-H true. Research shows that 4-Hers are nearly 4 times more likely to make contributions to their community, 2 times more likely to be civically active, 2 times more likely to participate in science programs during out of school time, and 2 times more likely to make healthier choices. And as a society, and community those are qualities we all want to see from our youth, giving back to the places that raised you, making healthy choices and being actively involved in your local place. And the beauty of 4-H is anyone can participate, you don't have to raise livestock to be in 4-H. The opportunities are endless, and the result of the 4-H program is a well-rounded kid ready to take on the world. So, if you are reading this and wondering how to get involved give your local Extension office a call at 322-8035, we're happy to chat with you!



## PHYSICAL ACTIVITY MYTHS

According to the World Health Organization, there are 4 myths of physical activity.

1. “I don’t have enough time.” Yes, being physically active does take time, but if you don’t have 30 minutes to give at one time, break it into chunks. Take 3, 10 minute walk breaks throughout the day. Walk with a coworker or friend and have a working meeting while you walk, or have some social time.
2. “The older you are the less physical activity you need.” Individuals tend to become less physically active as they age, but regular physical activity is essential for all ages. Lack of physical activity can lead to more doctor’s visits, more hospitalizations, and more medications for illnesses. It’s never too late to start!
3. “Being physically active is too expensive.” Physical activity can be done practically anywhere and does not necessarily require equipment. The main thing is to dress appropriately for the weather, and walking is always free.
4. “Physical activity makes you tired.” You may feel tired during physical activity, but after will feel a rush of endorphins and give you more energy to take on the day once you are finished. Regular exercise can also help you sleep and reduce stress.

Beginning an exercise routine does not have to be difficult, it might be at first, but paired with a positive can-do attitude anything is possible. Time is usually the one that impacts us the most, but I find it’s more about being intentional with your time. Be intentional about starting an exercise routine, find an exercise buddy and hold each other accountable, and most importantly find something you love and stick with it.

### Upcoming Events Explained:

#### **Reimagining Rural Gathering:**

Reimagining Rural Virtual Gathering was created for local volunteers and leaders who are passionate about creating vibrant, robust rural places, growing local capacity, learning about new ideas, connecting with others and leading local change. “We are excited to bring these great stories about successful, vibrant rural communities to small towns across the state” said Tara Mastel, Community Development Program Leader for Montana State University Extension. “We will share new research about why people are moving to rural Montana communities as well as inspiring and positive stories of successful rural community projects. We hope it helps folks get excited about what is possible for their small town.”

Reimagining Rural Virtual Gathering includes three statewide sessions, broadcast virtually to groups of local leaders gathered in-person in rural communities across the state. Sessions begin with talks by rural experts or local leaders of successful rural community projects. Following the talks, people gathered locally will have the chance to discuss the ideas shared with the help of a local, trained facilitator.

## **Strong People Classes:**

Strong People Strong Bodies is a community-based strength training program aimed at mid-life and older individuals. The Strong People Strong Bodies Program includes progressive resistance training, balance training, and flexibility exercises. Classes typically have 8 to 12 participants and last approximately 45-60 minutes. The curriculum includes two sets of resistance training routines, each with 8 to 10 exercises that can be used within the program. Both routines begin with a 5 to 10 minute warm up that may include walking, marching, or light calisthenics (e.g. toe touches). The resistance training exercises work all of the major muscles groups, utilizing a combination of dumbbells, and body weight. Classes conclude with a 5 to 10 minute cool-down that includes upper and lower flexibility exercises. Generally, classes meet twice per week for 12-week sessions.

**SERVSAFE FOOD PROTECTION MANAGER CERTIFICATION** is a nationally acclaimed program sponsored by the National Restaurant Association, American National Standards Institute (ANSI), & Conference for Food Protection (CFP). This course includes 8 hours of intensive hands-on and classroom instruction of safe food preparation and handling. This workshop offers the opportunity for participants to become officially certified in **SERVSAFE** by attending the full day's workshop and passing an exam. ServSafe Food Protection Manager Certification is valid for 5 years and meets the most urgent food safety training challenges in our industry.

The course is designed for owners, managers, operators, cooks, waitresses, prep cooks, and food service employees. All domestic and private food preparers are strongly encouraged to attend this workshop. ServSafe Food Protection Manager Course is taught from the ServSafe Essential 7<sup>th</sup> edition. This great resource will be kept by the employee for future reference. Workshop topics will include providing safe food, preventing foodborne illness, microbial, chemical, physical contamination, good personal hygiene, preventing cross-contamination, time and temperature control, purchasing and receiving, storage, proper thawing, cooking, reheating, good service practices, active managerial control, and HACCP.