

Winnett Times

~Winnett Montana Community Newsletter~

Volume 2, Issue 6

October 2022



Daily activity can be anything that gets you moving. Photo Credit: Jen Weir

HIGHLIGHTS

Live Healthy	1 & 8
Community Spotlight	2-3
➤ Gunda Lewis	
WHS News	4-6
WHS Sports	7
Just for Fun	9
Community Events	10
Community Calendar	11
Contact Info	12
Sponsor Recognition	12

“Live Healthy the Easy Way”

Healthy living doesn't have to be complicated, all-consuming or intimidating. Healthy living is simply getting in-tune with the way we were designed to live.

Humans were not designed to eat machine-made food or spend all day stationary. We were designed to eat the foods that come from the ground or have mommas and meant to be mobile throughout the day.

Many people in rural areas already live this way – eating what comes out of the garden, bought at the local store, and whatever cow/pig/sheep/deer/elk drew the short straw to be butchered.

Active lifestyles are also a central theme in rural Montana. People may not “exercise” every day, but I guarantee you are getting your physical activity totals in when you're building fence, checking cows, riding the pasture, cussing at machinery with a wrench, or doing one of the thousands of other jobs you have to do every day.

With all that being said, there is still a lot to know about a healthy lifestyle that could help you live a higher-quality life and have the gumption to keep living that life you love longer. That's where I come in. I'm going to give you a few little tips to get the most out of your health and body without having to do

anything too crazy, uncomfortable or turn your life upside down.

Eat Slow



What does eating slow have to do with living healthy? A lot, actually. When we eat slowly, as opposed to wolfing our food down, our body has a chance to keep up and properly digest said food. Perhaps the most beneficial piece of this tip, is that you will eat less. This may not be a goal for those of you who *need* as many calories as you can get to keep up with the physical demands of your daily life, but for those of you who are battling your belt on a daily basis, this is a good thing. Eating slow gives your stomach a chance to register it's full before you're past the point of too much.

How many of you have gone into the bar, ordered a beer and burger after a long day and had your plate cleared before it was set down in front of you?

How does your gut feel after that? Probably not too great. If you had slowed down a little, actually chewed your food, maybe said a word or two to someone between bites, you probably wouldn't have eaten every last crumb. Failing to “clean your plate” (which I know we were all raised to do and it's a hard habit to break) most meals will result in fewer calories ingested, ultimately resulting in fewer unnecessary pounds.

Ideally, it should take you at least 20 minutes to eat a meal. I know, not always doable but a good goal to shoot for.

Eat Plenty of Protein



Protein is what our body needs the most of. Why? Because we break protein down to do a whole lot of jobs in our bodies. First of all, it builds and repairs our muscles. Those muscles...

Community Spotlight: *Gunda (Sikveland) Shaw Lewis*



Gunda's Senior Photo

"Teaching: the profession that makes all other professions possible." This statement is true all over the world, and Petroleum County is no exception. Since the early 1900s, teachers have come and gone in Petroleum County, and many have put down roots here. Others were born in the county and came back to the area to teach. My mother, Gunda Sikveland Shaw Lewis, was one of those teachers, so I was honored when asked to conduct an interview with her about her teaching experiences in Petroleum County and neighboring Garfield County.

To back up a few years, Gunda was born in the Dovetail community in 1930 to Guri and Karl Sikveland, Norwegian immigrants who settled in the area in 1915. She attended Dovetail country school through 8th grade and then moved on to Winnett High School. She was one of many country kids who lived in the high school dormitory---a whole other interesting topic! At that time there were no bus routes, the country roads were not graveled for all-weather travel, and most families didn't have an extra car to spare for their children to drive to school. Boarding in town was the only feasible option for many country kids seeking a high school education. Gunda boarded with Dunlaps one year and spent three school terms in the high school dormitory, graduating in 1948. From there she went on to Northern Montana College in Havre to pursue a teaching degree. While many young people aspire to become teachers from early on, Gunda's story is a bit different.

SB: Why did you decide to become a teacher?

Gunda: I didn't decide to be a teacher. My

parents decided for me. My mother said there had always been a nurse and a teacher in the family. My older sister, Jennie, had already become a nurse. That left me to be the teacher.

SB: Describe the educational path you took to obtain your teaching certificate.

Gunda: After I completed my first year at Northern Montana College in Havre in June 1949, I married Lee Shaw of Mosby in July and planned on being a stay-at-home wife. At that time, there was a teacher shortage, and all the rural schools were begging for teachers. Since I had a year of college behind me, I was asked to teach on an emergency certificate. During the 1950s, I picked up credits during summer school sessions in Havre. I spent my last three summer sessions at the University of Montana in Missoula and graduated with my bachelor's degree in education in 1967---an educational journey that took eighteen years from start to finish.

SB: Where was your first teaching job?

Gunda: My first job was at the Hanlan oil camp near Mosby on the east side of the Musselshell River. I was asked by the Garfield County Superintendent of Schools to teach there. At the end of the school term, my sister Bertha needed my help in her bakery in Havre, so I didn't renew my contract.

SB: In what other area country schools did you teach?

Gunda: Besides the Hanlan oil camp school, I also taught at the Cat Creek School (two and one-half years) and the Weede School (two years). The Weede school was just across the road from Leona McGiboney's house (currently owned by Steve and Debbie Hale).

SB: Describe your first day as a teacher---the type of school, number of students, etc.

Gunda: My first day as a teacher was at the Hanlan oil camp where I had six students. I taught Larry, Vernon, and Donny Petersen,

Donna and Marvin Mosby, and Danny Anderson. *I asked Mom how she managed a country classroom that first year. In her words, she said, "I didn't really know what I was doing that first year. I was just making it up as I went along. The first thing I did was to teach the first graders to read color words so I could give them coloring sheets to work on while I worked with the older students. I just figured out what to do from there on out.*

SB: What are some of your favorite memories as a teacher?

Gunda: When I taught at the Hanlan oil camp school, I had Marvin Mosby in the third grade. One day in class we were talking about nutrition. I asked Marvin if he liked a certain kind of food, and he said very matter-of-factly, "It's better than horse meat."

My first day of school at Cat Creek is something I'll never forget. One of the first-grade students was holding a bloody handkerchief to her nose while biting her mother's wrist as she was being led into school. She didn't want to come to school because her mother had been telling her, "You just wait until you get to school! Mrs. Shaw will straighten you out!" I wasn't quite prepared for that.

Mom's first day in Winnett was much less dramatic. Remembering the move to Winnett, she recalls, "The first year I taught in Winnett, I had a combination fifth and sixth grade room. They were such a nice class. I had Carol Schaeffer, Chris King, Clara Davis, Vicki Hanson, Debbie Berg, Bruce Hill, Sandy Hale, Gary Allen, Susie Storer, Evert Brady, Ramona Daum, Connie Munski, Bill Mosby, Pam Belstad, and Mary Alice O'Connell. They were all willing students and never gave me any trouble.

SB: When did you move into Winnett to teach?

Gunda: I moved into Winnett in 1964. I had



Gunda's first class as a teacher. Back L-R: Gary Allen, Sandra Hale, Chris King, Vicki Hanson, Debbie Berg, Mona Daum, Mrs. Shaw. Middle L-R: Mary Alice O'Connell, Chuck Knutson, Evert Brady, Clara Davis, Connie Munski. Front L-R: Susie Storer, Carol Scheaffer, Bruce Hill, Bill Mosby, Pam Belstad



Gunda's Basketball Team. Back L-R: Louanne Hill, Rosemary Solf, Viola Isaacson, Luanne Cole, Joan Pangburn, Paula Johnke, Marie Johnke, Jim Cain (coach). Front L-R: June Marinoff, Virginia Hanson, Gunda Sikveland, Joan Marty, Lois Teigen. *"Mom always said her favorite years in Winnett were the years she followed her children in high school sports" ~Sarah B.*

been teaching at the Cat Creek school up to that time where I had seven grades. The 1964-65 school term at Cat Creek was going to increase to include all eight grades, and I decided that was more than I wanted to handle.

SB: *Is there anything you consider unique about your teaching career?*

Gunda: Out of all the years I taught, never once did I have to apply for a job. School district personnel always came to me and asked me to take a particular position. When I was hired in Winnett, Hugh Brindley was on the school board. He sent me a contract in the mail while I was in Missoula helping my sister. Mom acknowledged that she called the school to see about going back to work a year after she retired the "first" time. She hung up the phone and was back on the job!

SB: *Did you see any significant changes in the profession during the years you taught?*

Gunda: We had to make worksheets on a mimeograph machine in the early days, but later on we had a copy machine. Classroom computers came along after I retired. I've never used a computer, and I'm glad I didn't have to use computers in my classroom.

SB: *After working hard for the money for 25 years, Mom retired in 1980. A year into retirement she grew tired (in her words) of "having no place I had to be and no time I had to be there." She went back to teaching the fall of 1981 and taught for seven more years. In all, Mom taught school for 32 years, most of those in Petroleum County. Last summer, Cat Creek celebrated its 100th anniversary. Shortly afterwards, William Rostad's name came up on our caller I.D. I asked Mom if she knew a William Rostad. She said, "Oh, yes. Let me talk to him." Billy Rostad was a second grader, along with Allen Story, when she taught at Cat Creek. Bill had been to the Cat Creek celebration in Winnett and had decided to take a drive to Cat Creek for old time's sake. He said while he and his companions were touring around Cat Creek, Mom's name kept coming up, so he decided to call her. They reminisced for some time about their years at the oil town's school over 6 decades*

earlier. One of the legacies of being a teacher is that "your name often comes up" (for good or bad). The best-case scenario is when a former student picks up the phone and calls a teacher to express appreciation for a job well-done. Thanks, Mom, for all your years of service!



Four Generations: Lindsey Wilkerson, Gunda Lewis with Lauren Wilkerson on lap, & Gail Wilkerson

On Growing up Gunda's Daughter in 1960s/70s Winnett

I was four years old when we moved into town for school in 1964. The Rowton house was a big, old barn of a house owned by Parley and Alma Rowton (located at the corner of Teigen and Milsap streets), and Mom exchanged rent for boarding their daughters, Rhoda and Phyllis. She also boarded Jimmy Sinclair. Mom's brood doubled in size from three to six kids (a sizable difference at mealtime!), but she enjoyed the high schoolers and said they never gave her any trouble. Phyllis and Rhoda treated Gail and I like little sisters, and we shared adjoining

bedrooms upstairs. Similar to a two-story barn, there was no heat on the upper level. Jimmy's room was upstairs, as well, and Gail and I could sometimes be found peeking through the keyhole to see what he was doing. It seems like he was always doing homework—nothing all that interesting to a couple of miniature voyeurs.

Lafe and I spent that year under Grandma Sikveland's watch as the rest of the household went off to school each day. Shortly after the school year began, Mom found herself a single parent—a situation that brought many challenges to raising three children alone. With a new job and new responsibilities, life was not easy, but with the help of family and close friends, Mom met those challenges head-on.

After that first year, we moved out of the Rowton house. For \$40.00 a month, Mom rented a two-bedroom house on Moulton Street. For a third bedroom and \$10.00 a month more rent, we moved again in 1970 across the street to the Solf house. Despite being old, cold, and "not too pretty," both houses on Moulton Street were conveniently located just a block from school. We spent many after-school hours at the playground along with an ever-changing mix of town kids. Unlike today, in the 1960s and 70s, families with multiple children could be found on almost every block in town. At some time or other, most of those kids found their way to the schoolyard. Likewise, most of those kids passed through Mom's classroom as they made their way through the Winnett School system.

In 1975, Mom became Mrs. Lewis. Her last name didn't really matter, though. Just about everyone who lived in Petroleum County between 1930 and present day knew Mom (or knew of her), and I would occasionally cross paths with people I'd never met who had lived in Petroleum County. "I'm Gunda's daughter," was my conversation starter. "Oh, yes..." was their common reply. "We knew your mom." Her last name was never needed. Just Gunda. And that, along with her storied teaching career, will likely be her Petroleum County legacy for many years to come.

Postscript: Gunda has been living with her daughter and son-in-law, Sarah and Bill Brindley, near Belle Fourche, SD, since May 24, 2021. *By Sarah (Shaw) Brindley*



Family Photo at Grass Range. L to R: Amy & Lafe Shaw, Sarah Brindley, Gail & Larry Wilkerson, Gunda & Dave Lewis



Winnett School News



Superintendent's Message:

It is absolutely amazing to me how quickly time passes. One minute, I'm writing about being excited for another school year and we're welcoming back a group of tanned, relaxed, and (usually) taller students. The next, I'm thinking about all the great things that happen in October and making plans for Christmas vacation. October 27th - 29th, we have the district volleyball tournament. This year it's hosted in Grass Range, so we'd love to see a big crew come out to support your Lady Rangers! We'll also have the first round of football playoffs on Oct. 28 (location TBD). You can see our school Facebook page or the Winnett Times Facebook page for full schedules for high school football, junior high football, and volleyball, or call us at the school for a hard copy. We also have a Halloween carnival on Oct. 30th organized by the Student Council and a Haunted Hallway put on by the seniors. Please come out and join the fun!

For academic items this month, you should be looking for a mailing with your child's fall AimsWeb data (for K-8 students), and/or results from last spring's SBAC testing (grades 3-8), and/or ACT data (the now seniors). As a reminder to senior parents, if your student wishes to re-take the ACT, they can do so but will have to register independently for the test online and choose an available date and off-site location (generally Lewistown, Miles City or Billings).

Included in this month's school section is a list of our Student Council members for the year, a short summary of what has been happening in some of the Tech Ed and Science classes, as well as the regular elementary classroom updates. You'll also find a short bio of our new social studies teacher.

As I've said before, one very special thing about this community is the way that everyone contributes to school programs in order to provide opportunities for students. We have our wonderful full-time teaching, classified, and coaching staff, but we also always have amazing groups of volunteers. Sometimes these are people with "formal" volunteer jobs, but very often it's just a network of people who pitch in to lend a hand wherever needed. We so appreciate you! Going into basketball season, we do still have some staffing needs. We need people to do ticket taking, announcing and running the clock, and weekend janitorial staff. We're still looking for an activities director, as well as a head elementary/junior high girls' basketball coach, and an assistant elementary/junior high boys' basketball coach. (Please send a letter of interest to me at the school.) And since we're talking about people that make our school work and we can't live without, I'd like to take a minute to thank our all-star library and classroom volunteers, our "artist-in-residence" bulletin board volunteer, substitute bus drivers, and guest teachers!

Also included below are the QR codes which link to surveys about the possibility of Winnett School having an Early Kindergarten program, as well as a survey about how we administer our Title 1 program (the support we give to students when they need extra help, which is also linked to eligibility for activities). We'd really appreciate your feedback. If you'd like to take the surveys but don't want to do it online, please call us at the school and we can provide you with a hard copy.

As always, please contact us with feedback or questions. Thank you! *~Lindsey Wilkerson*

Early Kindergarten Survey QR Code
(Tell us if you think we need an Early K program at our school, and what that might look like!)



Title 1 Program Survey QR Code
(Give feedback on the way we currently provide support to students who are struggling to maintain a 'C' or better average in classes, using the Title 1/Eligibility Form)



October School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets Fries Fruit Roll	4 Taco Salad Corn Fruit	5 Chicken Alfredo Veggies Fruit Roll	6 Sloppy Joes Fries Fruit	7
10 Crispy Chicken Wrap Salad Fruit	11 Enchilada Casserole Corn Fruit Roll	12 NO SCHOOL	13 Hamburgers Nachos Salad Fruit	14
17 S&S Chicken Vegetable Rice Fruit Roll	18 Lasagna Salad Fruit Garlic Bread	19 Pigs in a Blanket Salad Fruit	20 NO SCHOOL	21 NO SCHOOL
24 Ham & Cheese Sliders Salad Fruit	25 Walking Taco Veggies Fruit	26 Chicken Dijon Veggies Fruit Roll	27 Tater Tot Casserole Veggies Fruit Roll	28
31 Sub Sandwiches Veggies Fruit	**MENU SUBJECT TO CHANGE**	~PROUDLY SERVING LOCAL BEEF~ *Breakfast & Milk/Salad Bar Served Daily*		

Elementary Class Highlights

Kindergarten

It has been a great start to the school year with this group of kindergarteners! They have been working hard learning letters and numbers. They all know how to spell and write their first names, and we are working on identifying the letters in their last names! We are also working on our 3 Star Coloring: 1) Stay in the lines, 2) Make the white go away, 3) Use the right color. This group of kindergarteners play well together and are very fun to have in class! Here's to having an awesome school year!

Fifth & Sixth

Our class has been busy! For both Social Studies and Reading, we have been learning about Native Americans and all of the different regions in the United States. We just finished reading a novel called Sign of the Beaver, which is about a colonial boy learning how to survive in Maine from an Iroquois boy. Each student picked a project based on the book which included: make 2 Native American tools, cook and share a recipe from the colonial period, recreate a Native American game, or build a Colonial Log cabin or longhouse. This week we are excited to share and taste all that we learned while watching the movie that was based on the novel. To finish up learning about Native Americans in Social Studies, we will visit the Bear Gulch Pictographs in Forest Grove.

We have also done a lot of hands-on activities during Science and are learning about volcanoes and other changes to the Earth's surface. One of the kids' favorite experiments was studying glacier erosion using an ice cube with sand in it. The glacier really tore up our tinfoil and left several "boulders" behind. We will continue experimenting with rocks using sugar cubes to see how other types of erosion can happen. In all of our subjects, we are finally starting to find our stride and hoping for great things this year!

First & Second

Welcome back from the first and second grade classroom! We are cruising into the year with paper plate STEM activities and loads of fun! Our first grade has been working on basic addition and subtraction of the numbers 1-12 and the second grade has been tackling number concepts, place value, and regrouping. We have read several entertaining books, like Skippyjon Jones and The Day the Crayons Quit. Our favorite is Peach Crayon...you'll have to read it to find out why. We are currently reading Stone Fox. Recently, after learning about the events that happened on September 11th, 2001, we learned about the people who serve our country and our communities. Afterwards, we enjoyed creating patriotic hearts and a quilt. We love our country!!!

Third & Fourth

This new school year has started off strong. The kids are excited to have a four day week, instead of five and the longer days don't feel much different than last year. In math both grades started with some rounding/estimations, however 3rd was doing it with addition and subtraction, while 4th was working with multiplication. Everyone is reading up a storm and it doesn't look like it will take much work for them to make their AR goals. We see some movies in our future. Social Studies has been fun, because we have rotations where we work with different tools to help us learn where each state is and what their capital is. Everyone is wondering when we will start learning cursive. Maybe next month we can report that we have started. Do you know cursive?

Junior High & Highschool Class Highlights

Math - 7th & 8th

The 7th graders are off to a great start exploring the magical world of negative numbers. Oh, the possibilities that have emerged as they have begun this journey into a broader mathematical realm. Soon, they will be armed with enough integer intelligence to slay the dragon's of their futures, or simply pass their chapter test.

The 8th graders have somewhat unwillingly stepped into the rabbithole of basic Algebra this year (more or less strategically pushed down this hole by their new cunning, dashing, impeccable, math teacher of awesomeness). How they arrived in this new land of letters and numbers is irrelevant, however. Like Alice in Wonderland, they must learn to navigate the strangeness of this world, and it is definitely a strange land. Real world situations are decomposed and then reconstructed into the most foul, yet contradictorily beautiful symbolic combinations of letters and numbers. Strange it may be, but it works as if by magic, providing a way to obtain amazing results applicable to the modern world. Or, as the students would say unenergetically in monotone simultaneity, "Hooray, we found x. Can we move on now?" What can I say, perspective makes all the difference. And lastly, a knee-slapper for the day: How does a math teacher plow fields?

Answer: With a Pro-Tractor

Tech Ed - 9th & 10th

The 9th grade Tech Ed class (which is formatted as a basic construction class) will be building a shed for the 1st semester. The shed has been pre-sold to one of the student's parents. The 10th grade class is busy with their dual enrollment welding class through Dawson Community College.

Anatomy & Physiology - 11th & 12th

On September 6 & 9, the students in A&P had the opportunity to learn from Carrie LeGarde about forensic anthropology. Carrie described the work she has done traveling to other countries to find the remains of soldiers lost during previous wars. Carrie also showed students how remains could be identified based upon age, ancestry, stature and sex.

WGR SPORTS



WGR Highschool Volleyball Team.
Coached by Laramey Degner & Anna Finkbeiner
Photo Credit: Autumn Twitchell Photography



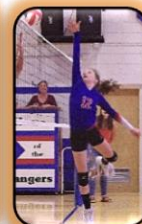
WGR Junior High Volleyball Team.
Coached by Reba Ahlgren & Shana Grant.
Photo Credit: Autumn Twitchell Photography



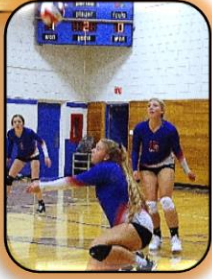
Shaylie Ahlgren, Parker Hanson,
Shelby Shweers & Zurry Moore
Photo credit: Tara Murnion



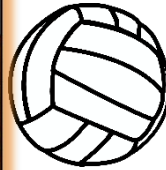
Kenzie Smith



Aubrey Grant, Cami Ahlgren, Gracie Lang & Grace Murnion
Photos credit: C & S Photography & Tara Murnion



Parker Hanson, Easton Hanson, Shaylie Ahlgren & Shani Browning.
Photos credit: C & S Photography



Kinley Grant & Keaghan Smith
Photos credit: C & S Photography



WGR Junior High Football Team with their Coach Brandon Bantz
Photo Credit: Autumn Twitchell Photography



Jesse Mickelson #99, Randy Olsen #9
& Jack Nowlin #19
Photo credit: Tara Murnion



Hazen Arntson #6 Wil Murnion #81 Jesse Mickelson #99
Photos Credit: C & S Photography



Virgil Tholt #34 & Hazen Arntson #6
Photos credit: Tara Murnion

New Teacher Spotlight ~ Jeff Wells



Jeff Wells is joining Winnett School this year as the 7-12th social studies teacher. He will be teaching online synchronously, meaning he will teach from a different location but will teach each day during the students' regularly scheduled social studies period. His regular position is as an online instructor for Department of Defense Schools and he is normally based out of Okinawa, Japan. Mr. Wells is certified as an instructor of Japanese and social studies. He holds masters degrees in Cross-Cultural Education and American History.

What was your favorite thing about school growing up?

The thing I liked best about school was interacting with the great teachers that I had. I was truly blessed to have some of the best teachers around - a track record broken only occasionally through high school graduation.

What is your favorite thing to teach within your curriculum?

I like teaching geography in every social studies course I lead. History isn't just a timeline - it's three-dimensional so there's a spatial element to it also; so when I bring that final element into place, it really helps the subject matter click with the students.

Who is one person that inspires you and why?

Of historical figures, I would say Grover Cleveland inspires me. His presidency and policies were a model of good governance, he was a devoted family man, and is the only president to have come back to the presidency after having been defeated in an earlier election - a real fighter.

Why/how did you become a teacher? In our family, almost everyone follows one of three career paths: military, police, or teacher. I tried the first two, despite my mom telling me to go straight to teaching, and they were an unnatural fit. So I reluctantly went into teaching and found immediately that I enjoyed it and **gasp** was good at it! I always had a mind to live and work overseas and I found that teaching was the easiest way to do that.

Most importantly, if someone leaves candy on your desk, what kind should it be? I have a pronounced weakness for Reese's products that has seen me loot many a sibling's Halloween stash.



Winnett School Student Council 22-23:

The student council is up and running for the 22-23 school year. Possible projects will include the Halloween Carnival, various student activities, a leadership event, and a community service/school improvement project, which is yet to be determined. The student body cast ballot on September 12th and elected the following officers:

Student Body President: Kaitlyn Carter
Student Body Vice-President: Gracie Gill
Student Body Secretary: McKenzie Smith

Senior Class President: Shani Browning
Senior Class Vice-President & Secretary: Easton Hanson

Junior Class President: Parker Hanson
Sophomore Class President: Zurry Moore
Freshman Class President: Shaylie Ahlgren

8th Grade Representative: Hazen Arntson
7th Grade Representative: Gracie Lang



Carrie LeGarde, Forensic Anthropologist for the Defense POW/MIA Accounting Agency at Offutt AFB, Nebraska, came to the Winnett School in September to talk to the 3rd-12th graders about what a forensic anthropologist does and her background on how she ended up there. For the older kids she talked about the whole lead up to her job - scholarships, work study, internship, research fellowship, etc. For the younger kids, she focused more on what can be learned from the skeleton and how; such as how tall or old they were or if they broke any bones during life. Thank you, Carrie, for taking time to come to the school to put on your interesting and informative presentations! **Carrie (Brady) LeGarde is Winnett High School Alumna, Class of 2004**

Live Healthy the Easy Way Cont...

that we use every single day need to be taken care of. If your diet lacks sufficient protein, your body will break down your muscles to get what it needs. That is something we want to avoid at all costs.

Protein parts (amino acids) are also used to produce enzymes, hormones, neurotransmitters, and antibodies – all of these are necessary for our bodies to function optimally. Protein also helps keep us full longer, gives our immune system a boost, keeps our metabolism humming and keeps our physical performance on point.

As you might guess, a perfectly grilled steak is packed with protein. Meat, cheese, nuts, fish, dairy, beans and eggs are all excellent sources of protein. Plants also offer some amounts of protein, just not as much or at the quality as the others.

How much protein should you eat every day? I'm glad you asked. For a rough estimate, aim for one gram of protein per pound of body weight.

Don't Be Afraid of Fat

Fat has gotten a bad rap. Yes, some fats such as trans and hydrogenated fats are not great for you. However, there are some very healthy fats that our bodies need and that taste pretty darn good.



Think of olive oil, flaxseed, avocado, nuts, fish, coconut oil and maybe a nice chunk of grass-fed beef. These all contain polyunsaturated and monounsaturated fats (except the coconut oil, it's saturated fat but your brain likes it).

These fats are essential for brain health, heart health as well as supporting metabolism, cell signaling, the health of various body tissues (skin and joints), immunity, hormone production, and the absorption of many nutrients.

As ironic as it sounds, adequate healthy fat in your diet also helps improve body composition and alleviates depression (as mentioned above, your brain loves fat).

How much fat should you eat? Don't get hung up on the amount, just try to have a serving or two of healthy fats every day.

Move Every Single Day

Daily movement is essential to health -- the more the better. If you move all day long for work, perfect. If you find you sit more than you move during the day, make it a point to get out and do some kind of movement as often as you can.

I'm not talking about going to the gym and running on the treadmill every day. I'm thinking more along the lines of walk, work in your garden, do some lawn work, shovel some manure, split and haul some wood. Pretty much anything that makes you breathe a little harder than usual.



If you're feeling spry, running keeps the ticker running smooth

Traditional exercise is not a bad thing, I've just found it's difficult for many people to consistently make the time for it. Doing something useful while moving makes it much easier to fit into your schedule.

Stretching a few times a week is not a bad idea either. Whether you're a sitter or a mover, stretching your muscles and joints is a great habit to extend the use of your body.

Get Enough Sleep

Some people neglect sleep, some people adore it. If you fall in the first camp, making it a priority should be on the top of your list.

Getting less than 7.5 hours of sleep each night means that you're at greater risk of more body fat, heart attack, stroke, and sudden cardiac death than those who get plenty of snooze time.

Sleep is paramount not only for the

recovery of your bodies, but also for our brains. When we sleep, our brains get rid of all the junk that has built up during the day and stores memories and other information we've taken in during our wakeful hours.

Aim for around 8 hours of shut eye every night, if possible.

Hydrate



With all the hot days we've endured this summer, it should come as no surprise that water is a big deal. We need plenty of water every day, when you start sweating you need so much more.

Some people love water, some absolutely hate it. I don't care. You need it. Sports drinks work for replenishing lost fluids – coffee, soda, and beer don't quite cut it. Yes, a cold one tastes amazing after a long, hot day, but it's not going to do much to rehydrate you.

Ideally, we should drink about three liters of water per day. Most of us can follow our sense of thirst. When you're thirsty, drink. If it's hot and you're sweating, over the age of 65, or pregnant, drink a little more. It's not hard, just neglected sometimes.

The experts would likely add a whole lot more to this list, but I like to keep things simple. There's a much better chance of successfully implementing easy tactics into your life than getting in over your head for a day or two and then giving up.

~By Jen Weir



Jen Weir getting some back country activity in the Rocky Mountain Front with her horse, Feona. Jen is a health and life coach, living in Great Falls with her two kids, Weston & Wakley

Just for Fun...

M J D O M G T L V A M P I R E
 D L A P I W R K P A R T Y B Y
 F K N C H U I O K B Z R I Y F
 S R W D K D C T H P O G G M I
 S K A R L O K F C A T O R H O
 P I E N S P L O S H U R L P Y
 I B H L K O U A Q P F N E Z N
 D A A D E E J M N C O F T A K
 E T L J C T N C P T C O M E T
 R P L B A J O S O K E C K Q D
 S W O T N G F N T S I R Y Y M
 J Y W W D E K Y Q E T N N N U
 A O E B Y G H O S T I U B H Q
 M F E N M O N S T E R N M E V
 D B N I N I H G F M A S K E U

LOCAL COOKBOOK RECIPE HIGHLIGHT

WORMS (for kids)

McKenzie Smith
 Winnett, MT
 1st grade

1 lg pkg Instant Vanilla Pudding 8 oz Cool Whip
 2 c Milk 1 ½ lb Oreo Cookies (crushed)
 8 oz Cream Cheese 1 lg bag Gummy Worm Candies
 ½ c Margarine

Mix together milk and pudding. Add cream cheese, margarine, and cool whip. layer cream cheese mixture, oreo mixture and worms. Keep layering ending with oreos on top to look like dirt. Refrigerate when done. • Note : Kids love this especially if you put it into a toy plastic bucket.

October Words: Vampire	Witch	Costume
Skeleton	Spiders	Party
Pumpkin	Monster	Halloween
Spooky	Trick	Haunted
Ghost	Candy	Treat
Mask	Bat	Boo
Frankenstein		Jackolantern

Community Recognition



Winnett veterinarian Nancy Belk, DVM, was recently named president of the Montana Veterinary Medical Association for the 2022-23 term. Dr. Belk succeeds Cara Voss, DVM, of Dawson Veterinary Clinic in Glendive, who will now serve as past president on the MVMA Executive Committee.

Dr. Belk and her husband Dan ranch near Winnett. She continues to assist at her former clinic in Lockwood, as well as at other clinics, and dedicates much time to serving at spay and neuter clinics in under-served areas around the state and on Montana's Indian Reservations for SpayMontana. Dr. Belk and her husband also enjoy helping daughter Emily's family with planting and harvest on their farm near Lincoln, Neb., as well as traveling internationally.

MVMA's mission is to advance the science and art of veterinary medicine, including its relationship to public health and agriculture in the state of Montana. The Association represents nearly 600 small, large, and exotic animal veterinarians across Montana. Submitted by Beth Emter, MVMA Coordinator.



Jay King (PCCD Board Chair) presenting Laura Nowlin with a much-deserved award from the Petroleum County Conservation District in recognition for her "10+ years of unyielding dedication to the Winnett Community; as an integral leader in helping preserve our way of life, through tireless work with the PCCD, Winnett ACES, P.I.E., Stockgrowers, Musselshell Watershed Coalition, and the Community Enhancement Committee" – thank you Laura for all you do in the community!

Community Events

4th Annual Pasture Golf Tourney



Pasture Golf tourney winners.



Photos Credit:
Trish Smith

Picassos of the Prairie



To close out the summer, the 3rd and final event of the Summer Culture Series in the Odd Fellows Hall was a smashing success. Titled "Picassos of the Prairie", the event was an art show and sale featuring almost 30 local artisans working in fine art, fiber, wood, leather and more. The substantial crowd of visitors/customers came in and out and lingered easily in the new business entrance that Winnett alumni and carpenter Dan Arthur has constructed recently. The progress of the revitalization of this sturdy old building has been a feature of each of the Summer Culture Series: the Cajun Feed in June, the Film Festival in July, and the Art Show in August brought several hundred people to enjoy the building, the events, the town and each other. ~By Diana Brady



Photos Credit: Kelly Beevers

CONFIRM day/time of meeting or event before attending. Dates/times are subject to change.



WINNETT COMMUNITY CALENDAR

OCTOBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 Methodist 1030am Baptist 11am Lutheran 4pm Mospby</p>	<p>3 Youth Program 3:40-5:30 JVFB vs Lockwood in Ltown 5pm</p>	<p>4 Pet. Co. Commiser's 8am Youth Program 3:40-5:30 JHFB vs Jordan in GR 4pm PCCC Meeting 6pm</p>	<p>5 Youth Program 3:40-5:30 Winnett ACES 5-7pm Youth Group 7-9</p>	<p>6 Kids Club 3:40-5pm VB vs. Broad/Lavina TBA JH & HS JHFB Ltown in Ltown 6pm</p>	<p>7 SENIORS JVFB Tourney in Hobson VFB Hardin in Hardin 7pm</p>	<p>1 Catholic 530pm Mass JHFB Custer in Cust. 10am VFB Lockwood in LW 7pm</p>
<p>9 Catholic 10am-Word Methodist 1030am Baptist 11am</p>	<p>10 Youth Program 3:40-5:30 JVFB vs Hardin in Ltown 4pm Booster Club 7pm</p>	<p>11 Youth Program 3:40-5:30 VB vs. Harlo in GR, JV & V JHFB vs RW in GR, 4pm Ambulance Sheriff's Reserve</p>	<p>12 No School P.L.E. 6:45 pm Town Council 5pm Youth Group 7-9</p>	<p>13 Kids Club 3:40-5pm VB vs. Footballs in GFs JH, JV & V Rimrock Readers Vol. Fire Meeting 7pm</p>	<p>14 SENIORS VB vs. DGS in GR, JV & V VFB vs Billings Central in Ltown 7pm</p>	<p>15 Catholic 530pm Mass VB vs. Melstone in Melstone, JV & V</p>
<p>16 Methodist 1030am Baptist 11am 4H Meeting 1pm</p>	<p>17 Youth Program 3:40-5:30 JVFB vs Billings Central in Billings 5pm</p>	<p>18 Youth Program 3:40-5:30 PCCC Meeting 6pm School Board 7pm</p>	<p>19 Youth Program 3:40-5:30 Youth Group 7-9</p>	<p>20 No School - PIR VB vs. Harlo in Harlo JV/V</p>	<p>21 SENIORS PIR VFB vs Miles City in Miles City 7pm</p>	<p>22 VB vs. R/W in Winifred JV & V</p>
<p>23 Catholic 10am-Word Methodist 1030am Baptist 11am</p>	<p>24 Youth Program 3:40-5:30 JVFB vs Miles City in Ltown 4pm</p>	<p>25 Youth Program 3:40-5:30 Lions Club</p>	<p>26 Youth Program 3:40-5:30 Youth Group 7-9</p>	<p>27 Kids Club 3:40-5pm District Vball in GR</p>	<p>28 SENIORS 1st Rd Football Playoffs District Vball in GR</p>	<p>29 District Vball in GR</p>
<p>30 Methodist 1030am Baptist 11am Halloween Carnival 4-6pm @ School</p>	<p>31 HALLOWEEN Youth Program 3:40-5:30</p>	<p>TRICK OR TREAT</p>				

Please contact Patti at 429-5601 BEFORE WEDNESDAY to reserve a SENIOR MEAL.

SPONSOR RECOGNITION

The Winnett Times is made possible by our sponsors –THANK YOU!
We greatly appreciate your support!

DIAMOND Level

Petroleum Co Endowment
Gunda Lewis
Anonymous Cash Donation

PLATINUM Level

Burt & Judy Bevis
David and Ella Iverson
Joan Murphy & Family
Sig Pugrud
Mark See
Bert & Judy Bevis

GOLD Level

Skip & Diane Ahlgren
Orren & Laura Kiehl
Anthony & Betty Kuhry
Stuart & Anne Shirley

BRONZE Level

Butch & Phyllis Arthur
Elva Arthur
Theresa Bassett
Brenda Brady
Carol Hanson
Fern Kesterson
Cody Martinez & Savannah Moore
John & Nancy O'Reilly
Marlene Samuels
Melody Whitcher

SILVER Level

Daniel & Nancy Belk
Jim & Diana Brady
Floy Brindley
Brad & Janice Cain
Ray Doering
Marie Fitzgerald
Gary & Linda Gershmel
Robert & Susan Hamilton
Dave & Teri Harris
Cha & Carie Hess
Deloris Hill
Kalin & Jess Hoge
John & Shirley Hughes
Tom and Diane Iverson
Lee and Marcia Iverson
Darrell Johnson
Terry & Lynda Johnston
Eric & Tara Jolma
Chris & Gari King
Keith & Diana Monte
Larry & Chris Peterson
Donna Rowton
Rodney & Krista Rowton
Ron & Janette Sims
Brent & Trish Smith
Jeff & Tammie Starkjohann
Jay & Wyna Woodford

Total production cost for each monthly Newsletter is approximately \$600. As long as we have funds, we will continue to mail the hard copy of the newsletter. If our funds become depleted, we will continue with the e-Version of the Newsletter only.

(PDF can be printed from the online version)

~Staff time volunteer based ~

If you would like to donate to the Newsletter PLEASE SEND YOUR TAX DEDUCTABLE DONATIONS TO:

Winnett ACES, PO Box 118, Winnett, MT 59087
with "Newsletter" in the Memo, or donate online:
WinnettACES.org/Donate

Sponsor Levels:

Bronze	\$25 - \$99
Silver	\$100 - \$249
Gold	\$250 - \$499
Platinum	\$500 - \$749
Diamond	\$750+

Thank you to Winnett ACES for being our Non-Profit Sponsor. Winnett ACES has agreed to handle funds on our behalf. Without their support & the support of the community this project could not happen. Thank you!

Winnett Times Contact Info:
winnettimes@gmail.com & our FB Page

A huge THANK YOU to David Ponte, Publisher of "The Roundup Record Tribune & Winnett Times" for giving us copyright permission to use the old "Winnett Times" name on our newsletter. It has nostalgic value to our community and we appreciate your generosity!

Winnett Times
PO Box 118
WINNETT, MT 59087

ECRWSS
Non-Profit
U.S. Postage
PAID
Permit No 5
CRID # 39620998

Postal Patron
WINNETT, MT 59087