

Good morning,

Best way to get those non-attending members to attend... assign them jobs.

On a side note it was good to see everyone!

Guests – Jerry Morrison – New York Life, well not a banker ;)

#### Announcements:

- Wear blue on Mondays in April for Child Abuse Prevention Month
- 4/22 Bites of Billings. Dina will email list out for those members who live a Zuckerberg free lifestyle.
- 4/22 is also Pinwheel Ceremony at the Courthouse.
- Stacy has shirts, pins and pinwheels for sale. Contact her if you want to pick up pinwheels at breakfast.
- FTC Island X run is set for July 10<sup>th</sup>
- Bejot Open is set for July 30<sup>th</sup>

#### Nominations:

- BECF – Trina no additions
- Newsletter Editor – Shannon – no additions
- Board:
  - Tim C, Lannie L, Adam D (unconfirmed), Christine S,
  - Wade A – nominated today but he was not available to confirm.

- Secretary – Shannon (again thanks for double!)
- Pres Elec - .... Crickets

4/9 speeches

4/16 elections

Speaker – Teresa Nygaard of St Luke Health Foundation of Ronan has BSWD, VP Director of Prevent Child Abuse Montana. She has trained ~2,000 individuals throughout Montana.

High level review of ACEs risk factors & Brain trauma.

Montana 52% of kids 0-17 have 1 or ACE, 17% have 3+. 4 is tipping point of expected long term health and mental challenges.

ACE risk factors do not equal unable to cope. They provide indicators to assist counselors.

When child has 4+ ACE factors, 30x more likely to be labeled with education disability in public schools. Alcohol, drug, & health issues can plague individuals throughout their life...

Today's High School lesson on Anatomy (specifically brain development)

- Understanding brain structure helps address how trauma impacts your brain.
- Amygdala - alarm / fear center
- Hippocampus – memory center
- Neo-cortex – higher thinking / logic functions
- Middle Ear structures – can affect ability to hear voices when you are escalated... I must be escalated quite a bit around my wife... Now I have scientific proof I am not ignoring her!

Trauma level is determined by the individual.

Escalated emotion, energy situations are best resolved from bottom up brain architecture not logic and think.. Does somebody need a hug?

Your expectation when dealing with an emotion, escalated or high energy situation should not be a rational discussion until the energy level drops. Take big breaths, if not working hold yours until you pass out, it should have resolved itself by the time you are conscious..

Actually breathing does work well to “coregulate” intense encounters. Others typically match energy levels in these situations so stay calm, cool and collected. If not make sure you are the first person to the axe.

FYI - Your body takes in 11 million bits of info per second unconsciously, you conscious receive 40 bits / second.

Stacy to get back to us on where to find an online ACEs evaluation. Good resources are found at Elevate MT, Childwise, PreventChildAbuse.org and many others...

Closing thoughts:

Bruce G – get your R-Serving DONE! The dog ate my computer only works so long, then you are just stupid... (sorry paraphrasing for him).

Dina – plenty of Mimosa left, have one or... before you hit the road! And be safe out there.

I am here all month, please don't call. Have a great Easter!