

BECON
5/29/26

Good morning. It was a bit of a lighter crowd this morning at the Legion which, BTW, may become a thing of the past as apparently last week's meeting and breakfast at the Billings Hotel and Convention Center was quite well received (70% positive responses in the survey sent out). A second survey may be sent just to confirm these results. Kind of sad I feel as the Legion was really a pretty nice meeting space and fit within what we are and do and who we help. But without our Maria driving the breakfast prep and the Legion relying on volunteer cooks, that's a hard row to hoe for them to keep up of the level of service we expect.

Guests

- Guests today included our speakers – Michele and Patti from NAMI.
- And we had Lee Stadtmiller's guest who is, stay with me here, his daughter in-law's father, and is from Sweden – välkommen Anders! He is here to see his granddaughter, which I guess would be Lee's granddaughter as well . . . right?

Announcements

- Rene let us know that there are still a couple of all expenses paid registrations for next weekend's District Convention (and maybe a complimentary set of engraved solo beer cups). Today though is the last day to sign up for the convention and you don't necessarily have to commit to the whole thing – you can do Friday night's social, or the Saturday Ted-style talks and banquet ala carte if that works better for you. Apparently also, Jeff Morales contributed booze for our club's hospitality room, so there is that as well.
- Tim gave the Club a big shoutout TY for contributing containers for the Free Store. The Store uses these to fill with shampoo and such to give away to their customers. Scott K had an especially generous donation of receptacles although I didn't realize that empty whiskey pints were acceptable bottles as well – I think he actually pulled one out of his sock this morning for donation – well done Scott! 😊
- Mike S reminded us of the Bejot Open club golf extravaganza to be held on July 17th at Pryor Creek golf course. \$80 includes golf and lunch and maybe a little something something on hole number two if you treat Dale and his posse right.
- Trina addressed the group on behalf of the Foundation where they just granted \$20K to folks including the CAP Network, that Stacy D came up and accepted and gave us a quick run-down of the Network, that is BTW, an Exchange Club affiliate.
- Mike S also thanked those who participated in the Memorial Day Parade where our peeps were handing out flags left and right apparently and was a big success by all accounts.

- Shannon J came up and gave us info on the new website, which should go live in August, and gave us a quick tutorial on how volunteering to pour is going to work – that being we’ll just be getting an email asking for a “yes”, “no” or “maybe” box to select (“maybe” meaning you’re available if needed – which probably will mean that you WILL be working). Easy peasey and you will continue to get these emails until you respond – the gift that keeps on giving as it were. The emails will be coming from a sender with an wildapricot.com extension, which sounds quite exotic so even if most of us would open that anyway 😊 go ahead and do so - it’s legit – and won’t send naked pictures of Monte, the Griz mascot, to your contact list (although that would be cool).
- Shannon also mentioned that her growing business will be hosting an open house in her new digs located in Alpine Village, which for those old-time Billings hoods, know that this is located on 16th Street West between Lewis and Grand Avenues. This is taking place tomorrow – Saturday.

Speakers

Our speakers were Michele and Patti from the National Alliance on Mental Illness of Billings although it is part of a MT NAMI network.

In a nutshell, this non-profit provides support group, family to family and peer to peer meetings for those dealing with mental health conditions including anxiety, bipolar disorder, borderline personality disorder, complex PTSD, major depression, obsessive-compulsive disorder, PTSD, schizo-affective disorder and schizophrenia.

Something unique about NAMI I think is that all or their support group meetings and classes are facilitated by people with mental health issues themselves allowing for an especially empathetic, accepting and stigma-free counseling, discussion and education.

NAMI is located at 10th and Broadwater and hosts numerous in person and ZOOM sessions weekly and also travels to those needing help. Drop-in guests are welcome, but people do need to register for classes as these fill up.

They’re a non-profit so they rely on grants, donations, etc. and fundraising events which their NAMI walk held in Helena in September is their primary event.

HAVE A GREAT WEEKEND and hopefully we get some decent rain!