



### What Gives?

We've all heard it within the club, at work, or within our other social circles or maybe even been the one to say it, "Why aren't more people stepping up to volunteer more?"

I looked into it a little bit as it's often a question I find myself asking. Here are some of the reasons that I have found people give:

- ⇒ They do not have the time due to family or job responsibilities. Feel volunteer schedules are too inflexible.
- ⇒ They were not asked or do not feel a part of the community.
- ⇒ They do not know how to get involved, feel it's too difficult to get involved or do not know about various issues. They don't have enough information.
- ⇒ They feel they are already involved and cannot be anymore involved.
- ⇒ They think its not worth their time or trouble, meaning nothing will come of their involvement.
- ⇒ That people want to much of their time or they don't like joining groups
- ⇒ They believe they lack the resources. Believe they don't have the skills needed or the money it takes to be involved.
- ⇒ Poor health.
- ⇒ Lack of transportation.
- ⇒ They do not like the people who are involved or no groups exist that deal with issues that interest them.
- ⇒ They don't feel appreciated.
- ⇒ They don't believe they don't measure up to other volunteers.

I'm going to just go ahead and admit it now, that some of these sound more like excuses to me, but that's neither here nor there and only my little humble opinion. While I'm freely admitting things I probably shouldn't, I'll go ahead and admit that as a mother of four school aged children who are all in extracurricular activities that also works outside of the home full time and volunteers for other things besides our club, it drives me a little crazy when some people say they don't have time. I know a lot of people are just as busy or busier, while others—not so much. Let's look past my neither here nor there admittances at the reasons people give for not volunteering more. What Gives.....continued on page 2.

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**May Quote:** "At the end of the day it's not about what you have or even what you've accomplished...It's about who you've lifted up, who you've made better. It's about what you've given back." -Denzel Washington

Club  
President:  
  
Tony  
Parish





The National Convention will be here before you know it! This year, our National Convention is to be held at the Nugget Casino Resort on July 12 - 14 in Reno, NV.

The Keynote Speaker is Amelia Rose Earheart who is the President of the Fly With Amelia Foundation, a non-profit organization that grants flight-training scholarships to young women, aged sixteen to eighteen. The Fly With Amelia Foundation also fosters aviation and aerospace opportunities for people of all ages through aviation-based educational STEM opportunities, in partnership with Wings Over the Rockies Air and Space Museum in Denver, CO.

The One Nation Under God Luncheon Speaker is Major Ed Pulido who is the Sr. VP of the Folds of Honor Foundation a Veteran's charity which provides the spouses and children of the fallen and wounded educational scholarships. Additionally, he is a Founding member of Warriors for Freedom Foundation a leadership institute focused on the mental, physical and wellness support of our wounded veterans and their families.

The National Project Luncheon and Symposium Keynote Speaker is Matthew Sandusky who is the Founder and Executive Director of Peaceful Hearts Foundation, was a victim of childhood sexual abuse from the ages 8-17 at the hands of his adopted father, Jerry Sandusky. Matthew is working to turn his traumatic personal experience into a mechanism to prevent childhood sexual abuse and help other survivors heal.

Besides these speakers who are sure to be great there will be a wide array of seminars, workshops, receptions and lots of fun fellowship with fellow Exchangeites from across the country.



# EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

The most common reason given for not volunteering is lack of time. I tend to think that if something is important to you, you'll find the time and if it's not, you won't. Perhaps, that is a harsh way to look at it. Most people these days do have quite a bit going on.

It's suggested in research that one way to combat lack of volunteerism is to teach volunteerism at a young age so that it becomes a "habit" in one's lifestyle from the beginning. Research also suggests people are more likely to volunteer if it is a more accessible opportunity. For example, they may be more willing to volunteer at their children's schools since they go there every day anyways or employers can offer and encourage on-site volunteerism.

Not feeling appreciated has been cited as a reason for not continuing to volunteer or not volunteering more. I'll be the first to admit that, at times, I'm complacent in telling others how much I appreciate their time and help. If you are a Committee Chair, Event Organizer, etc., are you remembering to thank those that are helping out? Something I'm working on, especially when it's during a busy time and I have lots of irons in the fire!

I thought it was interesting to see people say they feel they don't measure up to other volunteers as a common response for not volunteering more or at all. I think the fun part of volunteering is that we all bring such different skills and talents to whatever we come together to accomplish. Shine bright with what you are good at and show others who maybe aren't so good at what you excel at. At the same time, if someone excels at something you would like to get better at, pay attention and ask questions. In general, I would say most people are open to teaching and sharing what they know with others. We can all learn something from each other and contribute in different ways that create something bigger and better than we imagined.

Not being asked to volunteer and not knowing how to get involved were also listed as reasons for not volunteering. If you know of someone who you feel would be a good fit for our club or another volunteer organization you are involved in, tell them about the opportunity and what you do as a volunteer. If they seem interested, tell them how they can join/get involved. Maybe they won't be interested now, but will remember it in the future when they feel ready. Maybe they will never feel like it's a good fit for them, but know of someone else who they think may be a good fit and share the opportunity with them.

That's just a little bit on some of the reasons people give for not volunteering that I think something can be done to remove those barriers. Unfortunately, there are folks who are in poor health who struggle to get through the basics of everyday living and really can't do anything additional. There are also other reasons such as lack of transportation that make it more difficult to make volunteer commitments. There are also folks that absolutely don't have the extra money in their budget to pay for the dues to join a service club, but there are some non-profits out there solely looking for people who can give a little of their time and just need pointed in that direction if it is something they are indeed interested in. All in all, there seems to be a way for most to volunteer in some capacity given they do wish to share some of their time.

Sources: <http://longevity.stanford.edu/> and [www.donordirect.com](http://www.donordirect.com)



## Yellowstone District News:

Mark your calendars now. The Yellowstone District Convention is scheduled for June 1 & 2 and will be held at the Northern Hotel in downtown Billings. The fun begins at 4:00 p.m. on Friday and lasts through Saturday evening.

Program guests include Jim Ruzon, National Exchange Club Treasurer and Jerry Thompson, Region 2 Regional Vice President, as well as others.

There is a block of rooms at the Northern Hotel for Convention attendees as well as at the Clock Tower Inn if you are interested.

Informative speakers as well as fun entertainment will fill the weekend so plan on attending! Registration is \$150 per person. Early bird registration ends May 15th. Registration goes up to \$175 after May 15th. Get your registration form and payment to Ed Kaufman, Treasurer.

The Bozeman Club is working on planning their next meetings, volunteer opportunities, socials and all the important things that come with starting up a new club.



The Central High Excel Club that we sponsored celebrated their first year anniversary in April!

The new West End Club is off to a good start with a good membership base. Efforts now will be put towards coming up with some good fundraising opportunities.



# EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

## Golf Along the Yellowstone

We all know of or have even golfed at the Exchange City Par 3 golf course which is a non-profit golf course overseen by the Downtown Exchange Club. Profits are split between the Downtown Club and the City for park improvement funding. Back in 1985, our members came up with the idea to do something similar in the Riverfront Park area. The course that would be called Golf Along the Yellowstone would be managed by the Breakfast Exchange Club under a lease from the City and the profits would go back to the city's park fund.

The proposal was initially met with positive reactions from the majority of the City Council members and only a few opponents. The City Council initially planned to include the golf course in the City's proposal for a Federal Grant application to receive funding for additional land acquisition in the area. The few opponents to the idea of a municipal golf course along the river were concerned with the cost to the taxpayers, the changes to the natural area and the parks use becoming limited. The Club would agree to pay for a feasibility study if they were to get the assurance of City Council to use the land for a golf course.

As discussions continued, the project attracted more attention, bringing out supporters as well as staunch opposition from various groups and individuals, especially a City Council member. In the end, when the club decided to drop the idea of the municipal golf course, the community opposition was one of the main reasons. The members also learned from the preliminary feasibility study that long term investment in the golf course would impact the club's ability to keep granting funds to non-profits into the future. City Council also voted 7—2 to remove the golf course proposal from the Federal Grant application they were submitting for the acquisition of 30 acres of land north of Riverfront Park. Many hours of hard work over several weeks were put into trying to get the Golf Along the Yellowstone project off the ground.



## May Volunteer Opportunities:

May 12th—Family Services Stamp Out Hunger Food Drive (contact Shawnee K.)



**THE BREAKFAST  
EXCHANGE CLUB OF  
BILLINGS, MT**

PO Box 2224  
Billings, MT 59103

[www.breakfastexchangeclub.org](http://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.*

**Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangites!**

Looking for something to do and support community organizations at the same time?

Mondays—Community Monday @ Hoologans

Tuesdays—Pint night at Last Chance Cider House

5/2—Playhouse Parade kickoff

5/3—Yellowstone Valley Gives 2018

5/20—Run for Heaven's Sake (raises funds to pay for funerals for babies under age one)



# EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

## CAP Center Corner

### Island X Adventure Run!!

This year, marks the 6th year The Family Tree Center has hosted the Island X Adventure 5k Run. If you haven't participated in the Adventure Run yet, what are you waiting for? You don't have to be a marathon runner. You can walk it, jog, or run. Plus, a 5k is only three little short miles. Not far at all.....

It's not your typical road race!! It's a trail run/walk with some "obstacles" along the way. I've participated most years if not all so a few things to plan for. Do not wear your new or expensive running shoes if you are a runner! They will get a little soggy at some points or they may become flat out dripping wet. You just never know how dry or soggy Riverfront Park will be in June. You may also get a little dirt on you—oh no, dirt. It's okay, a shower takes care of that quickly and easily.

It's also highly encouraged for participants to wear island garb, you know, grass skirts, coconut or shell bras, and leis. Don't worry the \$1 Store has these items fully stocked this time of year so they're easy to find and won't break the bank. If you are a parent or grandparent of little ones, bring them out. There is also a 400M dash for the little ones.

This is FUNdraiser for The Family Tree Center so be sure and sign up. Our Club has a team, the Breakfast Exchange Scrambled Legs. We have sent out a little challenge to the other Exchange Clubs in Billings and Laurel to see who can take home the title of largest team.

The fun happens at Riverfront Park on Saturday, June 23rd at 9:00 a.m. The cost is \$25 for the 5k until May 15th. Price goes up to \$30 after May 15th so make sure you sign up soon!! Sign up at <https://runsignup.com/Race/MT/>



### Committee Happenings:

Food Truck Wars Committee—Next meeting Tuesday, May 15th at 5:30 p.m. @ American Legion

House Committee is planning a shindig to celebrate the 40th year of our partnership with Metra to sell beer! Friday, May 18th from 4:00 p.m.—7:00 p.m.

Golf/Hole in One Committee—meetings have commenced. See Tony if interested helping to plan the Hole in One Golf Tournament.

Grants Committee—Next meeting is May 1st at 11:45 a.m.; Perkins Downtown

Social Committee—Cornhole coming your way in June. Stay tuned.....

**GET INVOLVED!!**

**\*\* Committee Chairs—Please email your upcoming events to [dlnaharmon1212@gmail.com](mailto:dlnaharmon1212@gmail.com) to be included in next months newsletter\*\***