



Dog Tag Buddies

Have you heard of Dog Tag Buddies? Dog Tag Buddies was the vision of a spouse of a Veteran that got going with the help of a VISTA. Deede's husband returned from his 18 month deployment in Iraq with a traumatic brain injury (TBI) and post traumatic stress disorder (PTSD). The VA Psychiatrist was adamant about the use of drug treatment, but her husband was not willing to go on medication.

He seemed to learn to cope through a different means. Hanging out with his dogs seemed to ease the tension, anxiety, anger and other emotions that come with these conditions. A couple of years after he came home, he started to share how important his dogs were in his day to day dealings with PTSD and TBI. Deede and her husband started to think how great it would be to find an organization that could help place adoptable shelter dogs with veterans and provide training to them as a team. But, there were no organizations in Montana who were doing this.

This is not unique situation. Montana is ranked 3rd in the nation for veterans, per capita. The number of young veterans suffering with hidden injuries has continued to increase post 9/11. The impact of the conflicts in Iraq and Afghanistan is being felt by a new generation of soldiers and their families.

In 2015, a VISTA Volunteer went to the local animal shelter seeking a project that was community, veteran and animal oriented. The idea than came to life through a group effort. The momentum was built and the project began moving forward.

The mission of Dog Tag Buddies is dedicated to providing veterans with hidden injuries opportunities to lead more fulfilling lives. They provide NO cost services in the adoption and training of rescued dogs to become emotional support animals or service dogs depending on the needs of the individual veteran.

To be eligible for Dog Tag Buddies you must be a veteran with a hidden injury. Proof will be required to be eligible for the program. Continued on page 2....

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June Quote: "As you grow older, you will discover you have two hands—one for helping yourself, the other for helping others." -Audrey Hepburn

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 Exchangites from across the country.



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Documentation will include a copy the veteran's VA Certification of Disability or a document from your physician. They must also provide a copy of their DD214.

Dog Tag Buddies works locally with the shelters and rescue groups to help veterans find the perfect companion or service dog. They have multiple trainers, including a service dog trainer with over 20 years experience. They work one on one and in small groups composed exclusively of veterans to help them train and bond with their dogs.

Why do they choose shelter dogs? Montana has an overabundance of great dogs that just need a second chance. Veterans deserve the very best we can give them and so do the dogs who just need someone to believe in them.

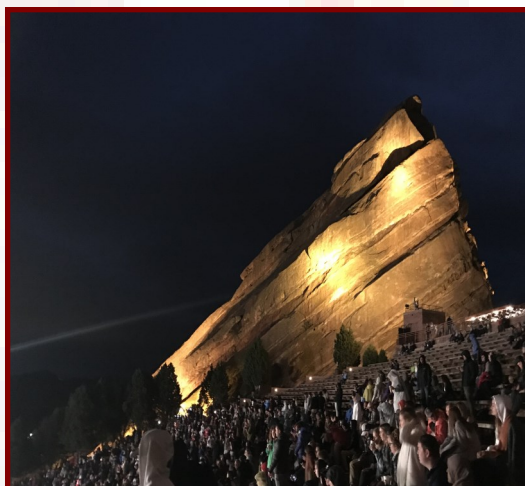
Services offered by Dog Tag Buddies are not covered by the Veterans Administration and the organization is 100% covered by donations and grants.

Source: www.dogtagbuddies.org

Exchangites out and about!!



Fellow Exchangites raising money for the Ramsey Keller Memorial! Great job Amber, Leif and Tony!!



If you haven't been to the Red Rocks Amphitheatre in Morrison, CO—it's an amazing venue. There is a small hike up to the venue, but worth it. Good add for your bucket list!!

Yellowstone District

News:

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 with a walkable Brewery Tour. Meet in the hotel lobby near the bar.

Cash bar reception begins at 5:30 p.m. followed by the Welcome and Announcements at 6:30 p.m. and Extreme BINGO at 7:30 p.m.



Don't miss the Hospitality Room beginning at 9:00.

Saturday will bring the opportunity to learn about the Veterans Meat Locker, The CAP Foundation and Centers, Ryan United, Operation Underground as well as training on social media for clubs, Exchange Awards, Exchange University, Elevator Speeches and Excel Clubs.

Don't miss the Saturday night awards dinner for Exchange of Year, Youth of the Year as well as others. Don't miss night two of the Hospitality Room.



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BEC as a Concert Promoter?

When the Fox Committee for the Arts approached the Breakfast Exchange Club with a proposal to be a Co-Promoter for a Beach Boys Concert, it sounded like a great idea and a good way to make money!

BEC and the Fox Committee for the Arts each put up \$20,000 and the contract was signed with the William Morris Agency of Beverly Hills, CA. The concert was scheduled for July 21, 1988.

Initially, everything looked good on paper showing we grossed \$109,327. Then the expenses rolled in.....

- ◇ The sound and lights cost \$10,000
- ◇ Metra rental was \$4,000
- ◇ Staff and ticketing cost \$7,291
- ◇ Security cost \$1,500
- ◇ Sand cost \$2,400
- ◇ Miscellaneous expenses were \$5,935

The total for the expenses was \$30,926. This left a net of \$78,401. According to the contract the band was to receive 85% which was \$66,601. BEC and Fox were to get the remaining 15% which was \$11,760. Split between the two, they each made \$5,880 (seems a little short of the \$20,000 initially put up).

The Club did sell 10,847 beers which closed the gap a bit on the loss.



June Volunteer Opportunities:

June 16th—Food Truck Wars (see Rene)

THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT

PO Box 2224
Billings, MT 59103

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 @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)

6/16—Heart and Sole Walk/Run to benefit the Billings YMCA and Billings TrailNet

6/23—Island X Adventure Run to benefit The Family Tree Center



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CAP Center Corner

cheat sheet

To Avoid Arguments

1. Give your child choices – This works at most ages!
 - "You must wear socks, but you can pick red or blue."
 - Be sure you use choices you can live with when they pick.
2. Tell your child what to expect.
 - "We are going to two stores, but not the toy store today."
 - "We will have to go in 5 more minutes."
3. Make a schedule.
 - Homework is done before TV comes on.
4. Model the behavior you'd like to see.
 - Do not argue with your child.
 - Remain calm, do not yell.
5. Remember that making good decisions and reasoning takes years of practice and young children need much help to learn how to make good choices.
6. Make sure the rules are clear and consistent.
7. Praise them for good choices.
8. Explain your reasons, but don't expect children to understand.



**NATIONAL EXCHANGE CLUB
FOUNDATION**
Strengthening Families. Building Communities. Serving America.



Committee Happenings:

Food Truck Wars Committee— Meeting Tuesday, June 5th & 12th at 5:30 in Yellowstone Room. Event on Saturday, June 16th.

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

Social Committee— *Cornhole coming your way June 9th!*

GET INVOLVED!!

**** Committee Chairs—Please email your upcoming events to dinaharmon1212@gmail.com to be included in next months newsletter! ****