



Darkness to Light/Flip the Switch Campaign with Gymnast Aly Raisman

Who has heard of Aly Raisman, gold medal winner for the US Women's Olympic Gymnastics Team? Many of you I'm sure. For those of you who have heard of Aly Raisman, who has heard of US Gymnastics Doctor Larry Nassar? If you have heard of both, you probably have heard of the sexual abuse endured by not only Aly Raisman, but numerous young women gymnast competing in the US Olympics over the years. Yes, it's a disgusting topic many don't want to talk about or hear about, but guess what? Sexual abusers are not stopped by us not talking about it and sweeping it under a rug! Childhood sexual abuse thrives in ignorance and fear. That's why Aly Raisman has started the campaign, Flip the Switch, a campaign to protect athletes and make youth sports safer.

Doctor Larry Nassar, the Doctor for the US Women Gymnastics Team, who was put on a pedestal and believed to be the best of the best doctors was convicted on January 24, 2018 in Michigan State Court to 40—175 years in prison on criminal sexual conduct charges. He will also be serving a federal sentence of 60 years for possession of child pornography.

Based on Aly Raisman experiences she began the Flip the Switch Campaign to prevent sexual abuse in youth sports. The campaign calls for all adults involved in youth sports to complete Darkness to Light's Stewards of Children training, which is the leading child sexual abuse prevention program in the country. Generally, the training has a minimal cost of \$10, but I have a top secret code for you to get the training for free. Not only that, but once you complete the training, you will receive a certificate autographed by Aly Raisman. If you're interested in going through the training, head on over to www.fliptheswitchcampaign.org. The top secret code to access the training at no cost is FLIPTHESWITCH.

I will forewarn you the training is not easy to hear. Much of the training is victims of childhood sexual abuse speaking about their story.

Experts estimate that about one in ten children are sexually abused before their 18th birthday.

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Volume 2, Issue 2

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August 2018

August Quote: "I alone cannot change the world, but I can cast a stone across the water to create many ripples." -Mother Teresa

Club
President:

Cory
Hasiak



August Volunteer Opportunities:

August 2nd—Chris Stapleton

August 10th—Dustin Lynch

August 11th—Kelly Clarkson

August 12th—Bret Michaels

August 31st—Burn the Point



Future Volunteer Opportunities:

September 14th—Luke Bryan

October 5th—

Shinedown & Godsmack

October 26th—Rod Stewart

November 17th—Harlem Globetrotters

November 18th—

Mannheim Steamroller

January 27th—Jeff Dunham

January 29th—Bob Seger



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BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

- Youth are the victims in 66% of all sexual offenses reported to law enforcement.
- Youth are 2.6 times more likely to be raped than adults.
- 35% of child victims are 11 years old or younger.

A large component in eliminating childhood sexual abuse is reducing the risk. 80% of sexual abuse incidents happen in isolated, one-on-one situations with a child. Eliminating isolated one-on-one situations, reduces the risk for abuse. Minimize opportunity!

Grooming is a process by which an offender gradually draws a victim into a sexual relationship and maintains that relationship in secrecy. Often times, the offender may also fill roles within the victim's family that make the offender a trusted and valued member.

Grooming behaviors can include:

- Isolating the child from others
- Filling the child's unmet needs
- Filling the needs and roles within the family
- Treating the child as if he/she is older
- Giving the child drugs or alcohol, showing pornography
- Gradually crossing physical boundaries, becoming increasingly intimate/sexual
- Using secrecy, blame, and threats to maintain control

Remember, fill in the gaps in the environment that allow offenders access to children.

Some gaps are situational and some are in physical environment. Protecting children naturally creates more connected communities!

Sources: www.time.com and www.D2L.org

Nationals in Reno, NV!!!

Pictured to the right:

2018 Best Club Bulletin Award

Pictured below:

Dina Harmon, Editor of the monthly BEC newsletter



Yellowstone District was recognized for highest growth among Districts and Yellowstone District members in attendance received a Growth Guru pin!



Pictured to the right:

Leif Welhaven giving his Regional Vice President speech!

Congratulations on the new position in Exchange!!



Committee Happenings:

BECON Committee—
Your August BECON Editor is Tony Parish

Program Committee—
Al Jones is your arranging the August speakers.

Patriotism Committee—
Working on Salute to Service Day at the Fair which will be August 17th. Watch for more to come!

Golf Committee—
\$1,000,000 Hole-In-One Tournament scheduled for September 8th.

GET INVOLVED!!

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



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More Nationals in Reno, NV!!!



Pictured above:

Quentin Eggart giving his speech in his run for National President Elect.



Pictured to the left:

Tony Parish with his Distinguished Club Present Award he received.

Pictured to the right:
Leif Welhaven with his Distinguished District President & Presidential Award he earned.



Women in Exchange? What?!

On July 4, 1985, at Exchange's 67th Annual Convention in Philadelphia, Pennsylvania, the organization's national constitution was amended, thus opening membership to women.

At the Convention, National President Fred Harron presented to the delegates the recommendation of the National Board of Directors that Exchange's bylaws be changed to permit women members.

"The law relating to the admission of women into Exchange in Minnesota and at least 36 other states is quite clear," Harron said to the convention attendees. "Our friends, the Jaycees confirmed that when they spent in excess of a million dollars in legal fees in their unsuccessful attempt to challenge the question all the way to the United States Supreme Court. So we have three choices: either admit women into Exchange; spend hundreds of thousands of dollars to fight a losing battle in the courts; or else close up shop and get out of town in those states which insist we let the ladies in."

"Faced with these choices and the fact that the role of women in our society has changed so dramatically since our constitution was first written, your Board of Directors decided there was only one proper choice to be made," he continued. The delegates agreed and their affirmative vote ended a 10-year long debate and opened a new chapter in the history of Exchange.

Since that historic decision, thousands of women have joined the ranks of America's Premier Service Club, helping Exchange make even greater progress in its community service and expansion efforts. Two of them reached the highest office, National President: Pamela Sudlow, 2003-2004; and Margaret Miller, 2010-2011.

Every day, in cities and towns across America, Exchange Club members are dynamically transforming the Exchange ideal of "Unity for Service" into direct and positive action, enhancing the lives of their fellow citizens from coast to coast. From a handful of members in Detroit, Michigan, at the turn of the century, Exchange has developed into a progressive national service organization comprised of tens of thousands of dedicated men and women.

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?

August 4—MT Warrior Run

August 4—Shop Dillard's to benefit The Family Tree Center

August 11—Quality of Life Run supporting CASA

August 15th—Bike Night for Blessings in Backpacks (Reno Club)

August 18—Race for Your Cause

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)



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

CAP Center Corner

Time Out Teddy!

The Time Out Teddy Program was started by the Painesville Exchange Club. Bill White who was President of the Club at the time, formed a Child Abuse Prevention Committee and the Time Out Teddy Program was born from the Committee looking for opportunities to prevent child abuse and raise awareness. The Time Out Teddy stuffed animals are donated to their local CAP Center for families, social service agencies, juvenile treatment centers in their area, as well as to the three police departments in their area.

Police Officers carry them in their patrol cars to give to children involved in a stressful and alarming situation or incident. Social workers give to them families where they suspect there might be abuse or the family is at high-risk for child abuse as a reminder for parents to take a time out when they become upset with their child. Time Out Teddy serves as a reminder for parents, guardians, and all caretakers of children that one calming moment can change a situation.

Take time out to know your child. No one knows your child better than you, so learning why your child is acting a certain way is important.

Take time out to take care of yourself. Taking time for your needs and interests is important. When you are happy, those around you will be happy.

Take time out to remember:

- * Children need to feel loved, heard, and protected.
- * Children need to know the rules, so he/she knows what to is expected of them.
- * Your child's age determines his/her behaviors—you cannot expect a 2 year old to understand and act the same as 5 year old.

Time Out Teddy Bears

Price: \$10.00



Item Number: 51701

Quantity Discounts

Quantity	Amount
26 to 49	\$9.50
50 to 99	\$9.00
100 to 5000	\$8.50

Sources:

www.nationalexchangeclub.org and
The News-Herald



The Time Out Teddy at Nationals was quite friendly and came back for more than a few hugs!!

Exchange Clubs can order Time Out Teddy Bears to donate! The Time Out Teddy Costume (pictured to the right) can also be rented for \$60.



In other CAP Center News:

Chris Harmon, with Albertsons, presented Stacy Dreessen with a check for \$1,726.43 for The Family Tree Center, which was the proceeds from the blue polo child abuse prevention shirts sold by Albertsons in April.