



The Power of Positivity

Is your glass half empty or half full? Do you find yourself wondering if there are any good people left in the world while you watch the evening news or read through the newspaper and hear or read of the latest homicide, robbery, etc.? Unfortunately, while you watch or read about the news you will probably not hear much about what the local Exchange Clubs have done to positively impact someone's life and make it just a bit easier for them. The news will be filled with the stories about crappy people who steal from others and maybe even hurt or steal from others. Guess what? These crappy people really are a small majority of our population!! Whether we realize it or hear about it, there are ALWAYS more people doing good than those committing harm. I refuse to believe anything different.

The next time you are feeling like our community has become a bunch of crappy people that have lost their moral compass, focus on some strengths:

- ◆ Think of a person who is close to you and reflect on three positive strengths that they have.
- ◆ Think of a family member and three positive strengths they have.
- ◆ Think of a coworker you interact with daily and three strengths they have.
- ◆ Think of three positive outcomes that could from an unpleasant situation you find yourself in rather than coming up with a list of negatives that could come from it.

If you frequently find yourself viewing the world with a glass half full disposition, change your disposition. Be the first person or maybe the only person to thank someone for doing something good rather than the first person to yell obscenities and flip someone off in traffic. It's contagious—when others see you give good deeds prominence, it makes them not only take a step back and think about the recognition of good they just witnessed, but it will put it to the forefront of their mind to do good and recognize others for doing good.

And did you know positive thinking about your world and positive thoughts in general has some health benefits?

Power of Positivity continued on page 2.....

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In this issue:

Power of Positivity	1
Power of Positivity continued	2
Volunteer Opportunities	2
District	3
Committee Happenings	3
CAP Center Corner	4
Community Happenings	4

September Quote: "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." -Helen Keller

Club
President:

Cory
Hasiak



September Volunteer Opportunities:

September 14th—Luke Bryan

September 22nd - WWE



Future Volunteer Opportunities:

October 5th—Shinedown & Godsmack

October 13th - 20th—NILE Rodeo

October 26th—Rod Stewart

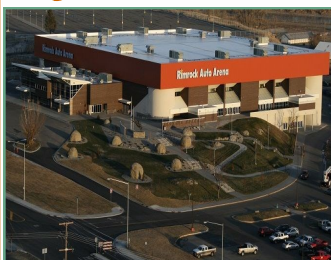
November 17th—Harlem Globetrotters

November 18th—

Mannheim Steamroller

January 27th—Jeff Dunham

January 29th—Bob Seger



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Some studies have shown that personality traits such as optimism and pessimism can affect many areas of your health and well-being. Positive thinking doesn't mean you keep your head buried in the sand and ignore life's unpleasant situations. It just means you approach unpleasantness in a more positive and productive way.

Researchers continue to look into the effects of positive thinking and being optimistic. Health benefits that positive thinking may provide include:

- ◆ Increased life span
- ◆ Lower rates of depression
- ◆ Lower levels of distress
- ◆ Greater resistance to the common cold
- ◆ Better psychological and physical well-being
- ◆ Better cardiovascular health and reduced risk of death from cardiovascular disease
- ◆ Better coping skills during hardships and times of stress

If the thoughts running through your head are mostly negative, it is possible to slowly change your self-talk, which is the endless stream of unspoken thoughts that run through your head and practice positive thinking. Here are some strategies to help you think in and act in a more positive and optimistic way should you find yourself struggling with some negativity:

- ◆ **Identify areas to change.** Focus on one small area you are struggling with which could be work, a relationship, or even just your work commute.
- ◆ **Check yourself.** Periodically during the day, stop and evaluate what you're thinking. If you find yourself having negative thoughts, stop yourself and put a positive spin to whatever the situation is.
- ◆ **Be open to humor.** Give yourself permission to laugh and smile at what is going on in your day especially during tense times. Seek humor in everyday mishaps. You will feel less stressed when you can laugh at life.
- ◆ **Follow a healthy lifestyle.** Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 10 minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn techniques to manage stress.
- ◆ **Surround yourself with positive people.** Make sure those in your life are positive. Let the Debbie Downers enjoy their own club without you! Supportive people you can depend on give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress and things going on around you in healthy ways.

Practice positive self-talk. Start by following one simple rule: **Don't say anything to yourself that you wouldn't say to anyone else!** Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life. Let's fill our minds and community full of positivity!!

Sources: WELCOA Well Balanced
www.mayoclinic.org
www.huffingtonpost.com



Committee Happenings:

Social Committee—

Meeting Wednesday, September 5th at 5:30 p.m. @ Trailhead Spirits

BECON Committee—

Your September BECON Editor is Wade.

Program Committee—

Al Jones is arranging the September speakers.

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!**



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



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

District

The Breakfast Exchange Club is in the Yellowstone District. Have you ever wondered what the purpose of the District is?

The purpose of the district is to strive for the attainment of the ideals and purposes of the National Exchange Club by:

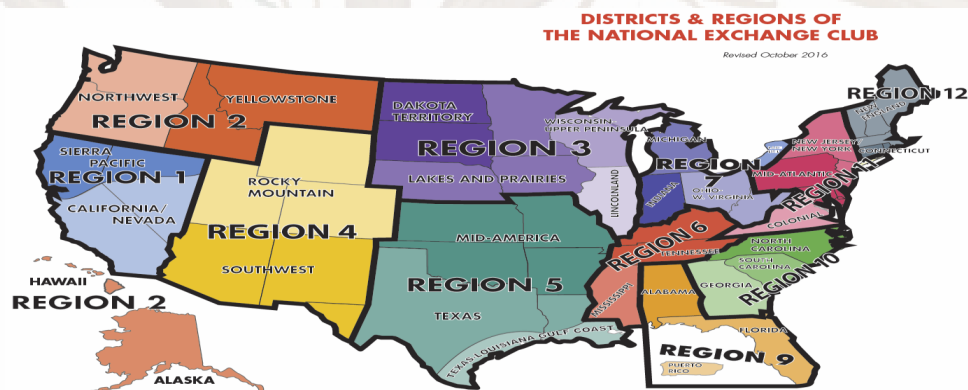
- I. Building of Local Exchange Clubs
- II. Increasing fellowship between clubs within the district.
- III. Strengthening established clubs.
- IV. Promoting the participation of local Exchange Clubs in the Programs of Service of The National Exchange Club.

All the Districts, no matter where they are located, should be working within the same purpose. Unity is the essential component that keeps Exchange together!

CLUB – DISTRICT -- NATIONAL

Sustainability – to keep in existence, to provide for, to support, to affirm validity

A collective passion is the reason we are all here. Everyone working together within the same context adds to the sustainability of Exchange.



Clubs in the Yellowstone District:

Boise, ID	Caldwell, ID	Idaho Falls, ID	Nampa, ID
Downtown, Billings	Breakfast (us), Billings	Heights, Billings	West end, Billings
Laurel, MT	Great Falls, MT	Helena, MT	Butte, MT
Bozeman, MT	Missoula, MT		

The Yellowstone District Exchange Clubs make up District 28 of The National Exchange Clubs Region 2. Region 2 is made up of the Northwest District Exchange Clubs in Washington and Oregon (District 18). Total membership for the Yellowstone District Exchange Clubs is approximately 600. Total membership for the Northwest District Exchange Clubs are approximately 464.

The other Exchange Clubs in the District do different fundraising, so if you're out and about traveling and can make it to another Clubs fundraiser, you're sure to have a great time while supporting them. I've attended the Wine Fest put on by the Great Falls Club and what a fun event!!!

www.nationalexchangeclub.org

**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.

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

September 1—Burn the Point Classic Car Show to benefit Chase Hawk Memorial Fund.

September 1—Red Lodge Fun Run for Charities

September 7—Tee It Up For Kids Golf Tournament benefitting Boys & Girls Club

September 8—5k Scrub Run benefitting Riverstone Reads Program.

September 15—Annual Barn Dance Fundraiser benefitting Angel Horses

September 15—Bowties & Boots Fundraiser to benefit Blankets & Bears Organization

September 22—Pink Tie Affair to benefit The Ramsey Keller Memorial

September 22—Saturday Live benefitting Billings Public Schools & Education Foundation

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

Keeping kids safe online

The National Exchange Club's mission is to protect our most precious asset ...our children.

This year as our National Project, The National Exchange Club plans to protect as many children as possible by training our Law Enforcement Community to identify and save children who are exploited and abused online.

The National Exchange Club has partnered with Detective Richard Wistocki and Be Sure Consulting Law Enforcement Training to sponsor a cutting edge WEBINAR training entitled "Cyber-Bullying and Sexting Investigations with Appropriate Consequences". The cost of this in-depth training is \$100.00 per officer, all Exchange Clubs can sponsor this 7 hour live online training so that Police Officers in communities can be trained on the latest methods to protect our children online. Exchange Club Members can register their sponsored police officer at this site:

<https://www.besureconsulting.com/webinar-training>

Instructional Objectives:

- The law Enforcement officer (LEO) will come to understand how to identify cyber bullies, how to find out who they are and investigate Internet crime. They will also learn how to affectively empower kids and not allow them to become victims.
- Examine our current laws and how they affect our children who commit these crimes.
- The laws examined are Possession, Manufacturing and Distribution of Child Pornography, Harmful Material, Obscenity and the Illinois Juvenile Court Act of 2000.
- The LEO will learn how to appropriately institute consequences for this behavior i.e. Station Adjustment, Probation or Adjudication. They will also be learning about a new online Restorative Justice Online Diversion System.
- They will learn how to investigate, process juveniles in a diversionary program and make sure these images will not be distributed online by using the NCMEC Child Victim Identification Program (CVIP).

Child crime expert Detective Richard Wistocki has dedicated his career to helping children by tirelessly pursuing, apprehending and prosecuting child predators. As an active Cyber Crimes Detective he educates Law Enforcement using cutting edge investigative techniques and Parents and Students on responsible digital activity. Detective Richard Wistocki is now partnering with National Exchange Club and local Exchange Clubs to offer training for local law enforcement as well as school administrators. (I believe I heard he has even joined an Exchange Club.)

Sources: www.besureconsulting.com

