

# BEC November NEWSLETTER

THE BREAKFAST EXCHANGE CLUB OF BILLINGS



# EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

## Does it have to be stressful?

Wouldn't you know it.....the holidays are once again creeping up on us! In a blink of an eye that one relative that really is more like an unwelcome guest will soon be knocking at your door and here comes the stress of feeling like you need to find the perfect gift for those on your list and don't forget the decorating, baking, and need to deep clean the house before company arrives!

Do the holidays really need to stress you out to the point those around you are walking on eggshells for fear the tiniest mishap will send you over the edge? I don't think so. The holidays don't have to be picture perfect. You can make the holidays enjoyable with the right mind set and some goal setting about this time of year. Here are few ideas to set some family or personal goals and priorities:

1. **What are three things you and/or your family can do to help others this year?** Volunteering your time to help out others is a good way to lift your spirits and broaden your friendships, especially if the holidays tend to make you feel lonely or isolated. Community, religious, or other social events can provide support and companionship.
2. **What are five things that can be done as a family this year?** What are the holiday traditions that are near and dear to your heart that you look forward to each holiday season with your family. Prioritize the important ones and run with those.
3. **What are three things you DON'T want to do this year?** Do you have traditions that you keep holding onto year after year that cause more stress and no little warm fuzzy feelings? Maybe it's time to dump those traditions. Be realistic with yourself. The holidays don't have to be Hallmark movie perfect. Our families grow and change, so traditions may need some revamping or done away with.
4. **What is least important to you this year?** This is a tough one for me to come up with something to write down an answer for. I LOVE the holidays. As you think through your holiday traditions, be realistic, not everything has to make your priority list.
5. **What is the most important to you this year?** When your working on your list of most important, remind yourself that family, friends, and relationships are what matter most. Commercialism can overshadow the true sentiment of the holiday season.

Once you have sat down and evaluated your past traditions and written down your goals of what you want to accomplish and what are going to let go, start planning and start that early. I'm here to tell you that making checklists of what you need to buy for Thanksgiving dinner, Christmas dinner, gifts and New Years celebrations can go a really long way!

Stressful continued on page 2

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### In this issue:

Does It Have to be Stressful?	1
Stressful continued	2
Volunteer Opportunities	2
Halloween Pub Crawl	3
Committee Happenings	3
CAP Center Corner	4
Community Happenings	4

November Quote: "The thing that lies at the foundation of positive change, the way I see it, is service to a fellow human being."

-Lee Lacocca

Club  
President:

Cory  
Hasiak



## November Volunteer Opportunities:

November 17th—Harlem Globetrotters

November 18th—

Mannheim Steamroller

November 27th—Cirque Music

November 28th—Festival of Trees Tree Decorating

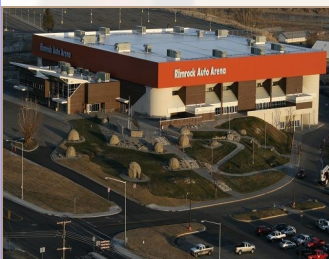


## Future Volunteer Opportunities:

December 23rd—Chase Hawks Rodeo

January 27th—Jeff Dunham

January 29th—Bob Seger



2018 BEST CLUB BULLETIN

Exchange Club  
75 or more members



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Let me tell you what happens when I don't make checklists of things to do and what to buy. I have forgotten to take the turkey out of the freezer to thaw out 3 - 4 days prior to Thanksgiving, or forgotten to pick up something. One year it was cool whip and another year it was the tub of sour cream to make the veggie tray dip. These days, I tend to purchase most items a few weeks ahead of the holiday, the fresh foods like veggies 2—3 days prior and then double check my list the day before to make sure I haven't forgotten anything. I have personal reasons for that though. My spouse works in retail and has to work on holidays and it stinks so I don't want to be one of those people contributing to sales on the actual holiday that gives corporate a reason to think they need to be open on the big holidays. Plan ahead, make lists, double check and stick with your goals!

When you're making your list and schedule for the season, be sure and plan for time for yourself. Good self care is super important! Set aside time to do things you enjoy everyday or at least several times a week. I squeeze in my runs, yoga, as well as other classes. My family knows that and understands. Maybe you enjoy reading, going for walks or relaxing to some music. It doesn't matter what it is as long as you enjoy it and you don't put it off because you think you're too busy. You are only one person, you can't be everything to everyone and you can only accomplish so much. Learn to say NO! Saying yes to things you really don't want to do only makes you feel overwhelmed and resentful. Be sure to get plenty of sleep and just because Halloween through Christmas is the Bermuda Triangle of Treats doesn't mean you should become a human garbage disposal! Of course, have a few treats, but don't go overboard.

Maybe it's not the shopping and decorating that make you feel stressed and/or depressed. Maybe you've lost a loved one or won't be near loved ones this year. Acknowledge your feelings! You can't force yourself to be happy just because it's the holidays. Know it's normal to feel grief and sadness. Allow yourself to express your feelings. And of course, reach out to others.

All in all, keep things in perspective! The holiday season is a short period of time. Remember all the good things you have going in your life and the holidays will pass, so if something goes wrong, it's really not the end of the world.

Sources: [www.livingwellplanner.com](http://www.livingwellplanner.com); American Psychological Association; mayoclinic.org

P.S. If you're the type of person who likes to write everything out on a calendar, keep lists, etc. there is a magnificent Holiday Planner at [www.livingwellplanner.com](http://www.livingwellplanner.com). It has a November and December calendar, Christmas card list section, shopping section, budget section, reminders of when to take out the frozen turkey, etc., the whole works.



The Board voted in a new members during the October Board Meeting. Be sure and introduce yourself to Jim Critelli.





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## Committee Happenings:

**Grants Committee—**  
Meeting on November 6th  
to determine quarterly  
grants.

**BECON Committee—**  
Your November BECON  
Editor is Cavin Noddings.

**Program Committee—**  
Dan Singer is arranging  
the November speakers.

**Senior Lights Tour Com-  
mittee—**  
Tour of Holiday Lights to  
take place December 18th

**Dress a Child Committee—**  
Dress a Child shopping  
event is December 1st with  
breakfast right after. Sign  
up with Ronda.

**Patriotism Committee—**  
Veterans Breakfast on 11/11  
at 8:00 a.m.; American  
Family Restaurant

Holiday Parade is Friday,  
November 23rd. Everyone  
is needed to get flags hand-  
ed out. Float decorating,  
Wednesday night 11/21. If  
you have any decorations  
that will fit the Peace on  
Earth theme that can be  
used, get with Wiley.

**GET INVOLVED!!**

**\*\* Committee  
Chairs—Please email  
your upcoming  
events to  
dinahar-  
mon1212@gmail.com  
to be included in  
next months newslet-  
ter! \*\***

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

If you didn't come out and partake in the Halloween Pub Crawl, you missed an excellent time!



Cousin Eddie aka Rob Komsa



Mad Flatter and Alice aka Wiley and  
Cindy Taylor



Richard Simmons aka Chris Harmon



Richard Simmons aerobics student.

What a combination! Rod Stewart,  
his body guard, a ceiling fan, mail  
stripper and the money man!



Wade Austin as himself, I  
mean as an old guy!



Crayons, Football Fans, Gilligan  
& MaryAnne....Oh My!



The whole gang!

THE BREAKFAST  
EXCHANGE CLUB OF  
BILLINGS, MT

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[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.*

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

November 3 & 4—Marketplace  
Magic benefitting Jr. League

November 16—Dress for Success  
Ugly Sweater Pint Night at Thirsty Street

November 22—Run Turkey Run  
benefitting Backpack Program,  
Family Services, & MSU-B Pantry

November 29—Festival of Trees  
Gala

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)



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## CAP Center Corner

Holidays stress out low-income parents, but poverty is year-round

U-M researchers say that while the holidays tend to be more stressful for low-income parents as children ask for expensive toys, people who donate to charities need to recognize that poverty is not seasonal.

"We generally think of the holidays as a time for giving and make our donations out of empathy," says Michael S. Spencer, an assistant professor in the School of Social Work. "For many working families in poverty, the feeling of not being able to adequately provide for their children is year-long."

Long-term poverty can affect a child's developmental outcome, such as emotional and behavioral problems, and academic success, he says.

"If we can take the focus off of expensive gifts at this time of year and reflect year-round about the circumstances that create and sustain poverty, we'll be able to help many people in a meaningful way," Spencer says.

During the last five years, Carol T. Mowbray, a professor in the School of Social Work, has conducted a National Institute of Mental Health-funded study of southeast Michigan mothers with serious mental illnesses. Nearly all were very poor often due to the expenses and disability associated with their mental illnesses and found it difficult to meet their children's needs.

In a random sample of 35 women diagnosed with depression, they were asked: "What would you say are the disadvantages of having children and being a mother?" More than 25 percent talked about their inability to buy things their children wanted. Some of the responses:

"Not having enough money to keep them dressed well...this winter, my daughter had to use my gloves and my hat."

"Expenses. As they get older, the things they want are more expensive. I don't want to let them down. I don't want them to feel like they never got what they want."

"Sometimes you can't give them what they want; you always want your kids to have the best."

While the need is year-round, donating during the holidays is a good start. Indeed, giving to others can be a positive experience for families that have the means to do so, Mowbray says.

"Children see their parents as role models and, from their actions, can become more empathic and understanding to others, and more prone to charitable giving when they become adults," Mowbray says.



Sources: Jared Wadley; [www.http://ur.umich.edu](http://ur.umich.edu)