



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

What is Got Your 6?

Got Your 6 unites nonprofits, Hollywood, and government partners to empower veterans. They believe that veterans are leaders, team builders, and problem solvers who have the unique potential to strengthen communities across the country.

As a coalition, Got Your 6 works to integrate these perspectives into popular culture, engage veterans and civilians together to foster understanding, and empower veterans to lead in their communities.

Got Your 6 knows that most veterans leave the military seeking new challenges, and the campaign ensures that there are opportunities for them to continue their service.

WHAT DOES "GOT YOUR 6" MEAN?

In the military, "Got your six" means "I've got your back." The saying originated with World War I fighter pilots referencing a pilot's rear as the six o'clock position. It is now a ubiquitous term in the military that highlights the loyalty and cooperation found in military culture. The Got Your 6 campaign chose this term, because it is emblematic of the many skills that veterans bring back into their communities when they return home.

WHY IT MATTERS

For the past decade, our country has framed "veteran reintegration" as a major societal problem or struggle. On the contrary, Got Your 6 believes that it is crucial for Americans to see veteran reintegration as an opportunity, because veterans are uniquely suited to solve some of our nation's most difficult challenges.

The average American has little first-hand connection to the military and often believes that, in general, veterans are much more likely than civilians to experience unemployment, substance abuse, homelessness, and various other issues. These notions are largely misconceptions. They paint a picture of veterans as "broken." As a result, veterans often say they feel more pity than respect from the civilian population.

When veterans fail to successfully reintegrate, it is often because their communities do not expect them to succeed or excel. Got Your 6 believes that if the country does not call upon returning veterans, then we will miss out on a generation of leaders.

Got your 6 continued on page 2

Volume 2, Issue 7

January 2019

In this issue:

Got your 6	1
Got your 6 continued	2
Volunteer Opportunities	2
Holiday Parade & Tree	3
Committee Happenings	3
CAP Center Corner	4
Community Happenings	4

January Quote: "Don't wait for other people to be loving, giving, compassionate, grateful, forgiving, generous, or friendly, lead the way." ~ Steve Maraboli

Club
President:

Cory
Hasiak



BEC January NEWSLETTER

The Breakfast Exchange Club of Billings

January Volunteer Opportunities:

Future Volunteer Opportunities:

January 27th—Jeff Dunham



January 29th—Bob Seger

Future Volunteer Opportunities:

February 16th—Monster Trucks

March 23rd—Styx & Larry the Cable Guy

April 8th—Breaking Benjamin

April 12th—14th—PBR

August 25th—Weird Al Yankovic



2018 BEST CLUB BULLETIN

Exchange Club
75 or more members



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Each year, around a quarter-million service members exit the military and re-enter civilian life. It is essential that Americans see the potential for veterans to strengthen our communities. Got Your 6 works to ensure that veterans return home to be seen as leaders and civic assets.

WHO ARE WE REACHING

Got Your 6 is a campaign for all Americans—because the country should benefit from the leadership and skills that veterans carry with them after leaving the military. For civilians, Got Your 6 helps to dispel misconceptions and myths about who veterans are and what they have to offer. For veterans, Got Your 6 ensures that they are empowered to lead by uniting the nations' best veteran empowerment organizations.

VETERAN COLLABORATORIES

Got Your 6 uses the principles of collective impact to facilitate collaboration between aligned organizations in the veteran community. As the campaign approaches its fourth anniversary—and after demonstrating measurable success—it is eager to evolve and advance its system of organizing and action for veteran-focused nonprofits.

In early 2015, Got Your 6 piloted its veteran collaboratory project in order to enhance progress, growth, impact, and influence of its partners, and the veteran empowerment movement as a whole.

Derived from the words “collaboration” and “laboratory,” the term “collaboratory” is borrowed from the scientific research community. It refers to a networked system with social processes; collaboration techniques; formal and informal communication; and agreement on norms, values, and rules (adapted from Cogburn, 2003).

Got Your 6 held its second collaboratory in 2016, which gathered about 35 major stakeholders in the veteran empowerment movement. Future gatherings will include additional stakeholders from the private sector, foundations, and government.

Collaboratories will focus primarily on the needs of participating parties. Through professional facilitation, participants will engage in human-centered design processes, social credit exercises, joint project development, and other activities to drive collaborative efforts.

TAKE ACTION

What can you do?

- ⇒ Start a conversation with a Veteran
- ⇒ Mentor a military child/student
- ⇒ Join an affinity group at work
- ⇒ Volunteer
- ⇒ Hire a Veteran
- ⇒ Talk to your Alma Mater
- ⇒ Participate in National Days of Service

www.gotyour6.org

Committee Happenings:

Social Committee—

BEC Holiday Party to be held on Saturday, January 12th.

BECON Committee—

Your January BECON Editor is Dave Weller.

Program Committee—

West High Youth of the Year nominees will speak in January.

Freedom Shrine Committee—

McKinley School and the Yellowstone Room to have rededicated Freedom Shrines.

Food Truck Battle Committee—

The Committee is diligently back at work on the next food truck battle which will be Saturday, June 15th.

GET INVOLVED!!

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



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT



Who saw this amazing sign outside of Hoodigan's during the holidays?



Shawnee presenting check to Karla Stricker with

Family Services to purchase turkeys for families for Christmas.

KEEPING KIDS ENTERTAINED OVER THE HOLIDAY BREAK

It's a phrase that has mystified parents for generations ... "I'm bored!"

We're all mentally prepared for it to be uttered over the holiday break. Regardless of what they've received, or who they have to play with, children across the country WILL declare their boredom.

So, let's arm ourselves with activities!

DUST OFF THE BUILDING BRICKS.

With or without the building manuals, building bricks (such as Legos) are a great way to keep kids of all ages entertained for hours! This is also a fun family activity that can help create some cherished memories!



MAKE UP A STORY.

Give your kids a story-starter. "Today we walked into the cave and saw a huge _____." Then, let your kids fill in the blanks ... most kids LOVE this game! Try sitting in a circle, each taking a turn with filling in the blank and starting up a new sentence.

For added fun, act out the story! You could do a puppet show, dress up in outfits (gownup-sized clothes are perfect for this!) or make your own costumes using paper plates, strings, paper bags, etc. Get creative ... if you have a pizza box, simply cut out a circle at the fold for a little one's head and it becomes a knight's armor.



MAKE YOUR HOME AN OBSTACLE COURSE.

1. Crawl under or over a row of chairs.
2. Crawl under a string stretched between two chair legs.
3. Jump into and out of a Hula-Hoop five times.
4. Walk on a balance board.
5. Throw a beanbag into a laundry basket.
6. Run while balancing a beanbag on your head.
7. Do a ring toss.
8. Somersault from one point to another.
9. Do a handstand.
10. Skip in place while reciting a jump rope rhyme.
11. Do ten jumping jacks.



WINTER WONDERLAND ... THE WARM WAY!

Floor Hockey

Hockey is an exciting team, and it can be just as exciting with the neighborhood kids in your play room! Find two "goals" (cardboard boxes or storage bins), a "puck" (a tennis ball or stress ball) and "hockey sticks" (paper towel rolls, wooden spoons, rulers). With one team on each side of the "rink", drop the puck in the center. The first team to get five goals wins. The rules are you must stay on your knees and you can't use your hands to move the puck.

Sock Skating

Have everyone put on their thickest pair of fuzzy socks and practice some twirls like figure skaters. Go to the slipperiest floor in the house, put on some music while the kids show off their moves one by one. Try making up a group routine with coordinated spins and partner moves.

Snowball Fights

Ball up some socks, preferably clean ones, and get to it!



Who's tired of hearing of their kids complain that they are bored?!

Another BIG thank you for the Breakfast Exchange Club donation toward turkeys! We are so lucky to have your advocacy within the community and the club!
This is a crazy busy place most days—and the holidays are no exception! But with your help, the Christmas distribution was less stressful—since we did not have to resort to finding other options—
YOU are GREAT!
Thank you so much for the wonderful help!
With kindest wishes,
Jane McCracken
Director of Campaign Development
Family Service

A nice little Thank you from Family Services.

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?

January 12—1st Annual "UN" Silent Auction & Banquet (benefiting Be Better)

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)



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

CAP Center Corner

Adverse Childhood Experiences

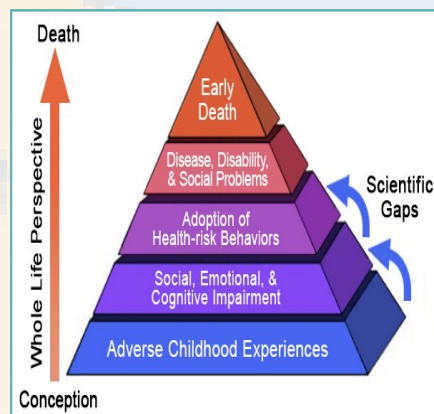
Adverse childhood experiences (ACEs) are a significant risk factor for substance use disorders and can impact prevention efforts. Adverse childhood experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They may also include household dysfunction such as witnessing domestic violence or growing up with family members who have substance use disorders. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan, including those associated with substance misuse.

ACEs include:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Intimate partner violence
- Mother treated violently
- Substance misuse within household
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

ACEs are a good example of the types of complex issues that the prevention workforce often faces. The negative effects of ACEs are felt throughout the nation and can affect people of all backgrounds. Successfully addressing their impact requires:

- Assessing prevention needs and gathering data
- Effective and sustainable prevention approaches guided by applying the Strategic Prevention Framework (SPF)
- Prevention efforts aligned with the widespread occurrence of ACEs
- Building relationships with appropriate community partners through strong collaboration



Sources: Substance Abuse and Mental Health Services Administration