



# EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

## March—Mindfulness is an Art!

My country bumpkin husband calls me a “hippie” when I bring up such topics as mindfulness. That’s okay, it’s still worth sharing. Anyone who knows me, knows that I am a body in motion or “busy bee”. My little brain is just as busy if not busier with ideas going for just about everything.

Back in my college days, a requirement for my degree was a course titled, Developing a Meaningful Life and a workshop titled, Maintaining a Meaningful Life, both taught by Dr. Floyd at MSU. The first day of the workshop, we are told for all future classes we will need to bring a yoga/exercise mat to class with us. What?! The required text book also came with a CD, which I hadn’t given much thought or questioned it as it was not uncommon for text books to come with a CD.

The next class we show up toting our mats to find the desks all moved off to the sides of the room leaving the center open. We are quickly informed we will begin each hour and a half long class with a 10 minute guided meditation laying on our mats. This is where the CD comes in—the guide. Ten minutes a class laying flat on my back motionless clearing my mind of all thoughts. Yikes!! It gets even better! An additional class requirement is that we practice this 10 minute ritual a minimum of three times a week at home using our own CD that came with our book and keep a journal on how each practice went for us....double yikes!!

Back then, that class was awful all because of that initial ten minutes of class. I went through the motions of rolling my mat out, turning the CD on and laying on my mat for ten minutes three times a week at home, but in all honesty I didn’t really try very hard at all to be still and keep my mind from wandering. Chasing thoughts away when there are so many shiny attention grabbers was no easy task. And can I just say laying flat on my back for any period of time was NO GOOD! For one, just laying still—ick! Secondly, I’ve always been a side sleeper to me laying on my back is torture!

At the time, I didn’t feel like I walked away from that part of class with anything other than feeling tortured. Flash forward 20 years and maybe there something to it? You can practice mindfulness in many different variations, not just laying still on a mat. I was invited to a yoga class by a co-worker shortly after our third kiddo and I’ve been in love with it since. Yoga forces you to pay attention to your breathing and how you feel in various poses which is great practice in being mindful. Becoming mindful is not easy, it takes work! Some other examples of being mindful could include:

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March Quote: “Do what you can with all you have, wherever you are.” ~ Theodore Roosevelt

Club  
President:  
  
Cory  
Hasiak



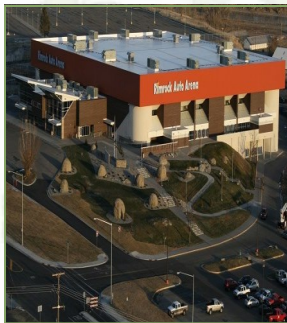
# BEC March Newsletter

The Breakfast Exchange Club of Billings

**March Volunteer Opportunities:**  
 March 23rd—Styx & Larry the Cable Guy

**Future Volunteer Opportunities:**  
 April 6th—Big Air Bash  
 April 8th—Breaking Benjamin  
 April 12th—14th—PBR  
 April 22nd—Rain  
 June 15th—Food Truck Battle on the Yellowstone  
 July 13th—Brews & BBQ  
 July 25th—"Twins of Evil"  
 Marilyn Manson & Rob Zombie  
 August 25th—Weird Al Yankovic

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



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- **Pay attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.
- **Live in the moment.** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- **Accept yourself.** Treat yourself the way you would treat a good friend.
- **Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

You can also try more structured mindfulness exercises, such as:

- **Body scan meditation.** Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.
- **Sitting meditation.** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.
- **Walking meditation.** Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

There's a lot of benefits of mindfulness besides showing up at your destination and realizing you don't even remember the drive!

Meditation has been studied in many clinical trials. The overall evidence supports the effectiveness of meditation for various conditions, including:

- Stress
- Anxiety
- Pain
- Depression
- Insomnia
- High blood pressure (hypertension)

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Preliminary research indicates that meditation can also help people with asthma and fibromyalgia.

Meditation can help you experience thoughts and emotions with greater balance and acceptance. Meditation also has been shown to:

- Improve attention
- Decrease job burnout
- Improve sleep
- Improve diabetes control

While I won't lie that at the end of a yoga class, when it comes times for the final relaxation pose, my tailbone still screams profanities at me, but most yoga teachers keep it fairly short as in a minute or two, so I can work my way through it much easier than the 10 minutes. As there are many examples of ways here that I've outlined for ways to be mindful. I have also learned by trial and error other ways that work for me. While taking Aerial Yoga classes, I have learned that method of yoga does not have my tail bone/low back yelling profanities at me, so that's a win.

With that, I would encourage you to experiment with might work for you to help clear your mind and let your body take a needed chillax throughout your day. Maybe yoga isn't and never will be your thing, but perhaps just giving yourself five minutes here and there throughout your day to sit and have a quiet mind is. There's many variations to give a whirl and sure is one to help you bring your blood pressure down!

Of all of these though, the one thing that I think is super important for us all to choose first is accepting ourselves. You can play with the other forms of mindfulness, but I can't see how any of the other forms of mediation will come together if you don't accept yourself. I have this (what I think is cute) sign in my home with the hear no evil, see no evil, speak no evil Buddha's as my daily reminder for the day. It's meant (I think) to be towards others which is great, but I think really all of this starts with not speaking bad about ourselves whether it's in our heads or spoken out loud!

So your homework is to stop yourself when you start thinking anything negative about yourself and stopping yourself from speaking bad about yourself to others and experimenting with some versions of mindfulness even if it's five minutes a day that helps you take it a little bit easier!



*P.S.—Don't worry, the rest of the house is filled with deer, elk, moose and other woodland creatures. No need to start feeling sympathy for the husband!*

THE BREAKFAST  
EXCHANGE CLUB OF  
BILLINGS, MT

PO Box 2224  
Billings, MT 59103

[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?

March 2—Sweet Success, a benefit for Dress for Success

March 2—Pint Night for Billings Fire Fighters @ Canyon Creek

March 15—Night at the Brewseum fundraiser for Moss Mansion

March 16—Pot of Gold Cornhole Tournament benefitting Billings Rugby Club

March 23—Community Pint Night Benefitting Dress For Success (Carter's)

March 23—Yellowstone Valley Animal Shelter Gala @ Northern

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

### KidCode

#### A Family Password for Personal Safety

KidCode, developed by the Committee for Children, is a project that is simple to implement. Yet, it can have a tremendous impact on community awareness of your club or center's commitment to child abuse prevention.

It is a protective password chosen by parents and their children to help prevent abduction by strangers. The code word can be any word or phrase, the more unusual the better. It can be a silly password like "green-tailed monkey" or "purple pumpkin eater," a made-up word like "muggly-wumps" or even a high-tech password like "megabyte." It should be unique, yet easy to remember, and above all, it should be a family's own personal password. (Families should not use the example words when selecting their KidCode.)

Whatever KidCode a family chooses, the children should be instructed to never go anywhere with anyone who does not know that special word.

#### Why Use It?

The disappearance of children is a major problem in the United States. In many cases, there is a direct relationship between abduction and abuse. KidCode will not solve the problem of missing children, but it will help children distinguish between people they have permission to go with, and people who are likely to deceive, exploit, or injure them.

#### How Can Your Exchange Club or Center Help?

The most important thing your club or center can do is to share the KidCode concept with as many families in your community as possible. This can best be accomplished through the distribution of KidCode brochures at schools, daycare centers, shopping centers, or even special club gatherings.

[www.nationalexchangeclub.org](http://www.nationalexchangeclub.org)

#### Committee Happenings:

BECON Committee—Your March BECON Editor is Tanya Doke.

Program Committee—John Wilson will line up the speakers for March.

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

Social Committee—BEC Movie Night at Art House Cinema on Monday, April 1st. Shrimp Boil & Horse Races on Saturday, May 4th.

District—Exchange Club Open House March 7th in Yellowstone Room for those who may be interested in joining Exchange. Members welcome when bringing a guest.

#### Other Upcoming Happenings:

District Convention—June 6-8 in Idaho Falls. Tracy Edwards, National Exchange CEO will be the National Speaker (if you haven't met Tracy, she is AMAZING!)

National Convention—July 17—20 in Norfolk, VA (always a great event for learning and having lots of fun).

## GET INVOLVED!!

**\*\* Committee Chairs—Please email your upcoming events to**

**[dinaharmon1212@gmail.com](mailto:dinaharmon1212@gmail.com) to be included in next months newsletter!\*\***





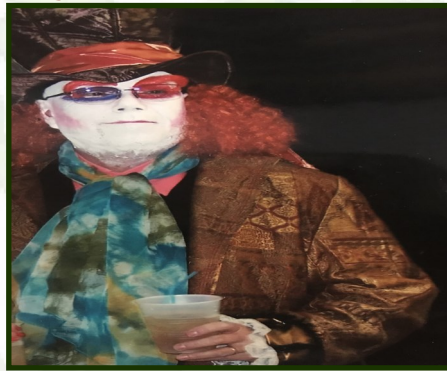
# EXCHANGE

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**Elections are coming up for next FY! Have you ever wondered about Past Presidents? These will really get you wondering!**



*They let Dave out of the Colony to join us!*



*Have we seen this costume another time Wiley?*



*FABULOUS Dress Steve D-!! Quite the fashion star!*

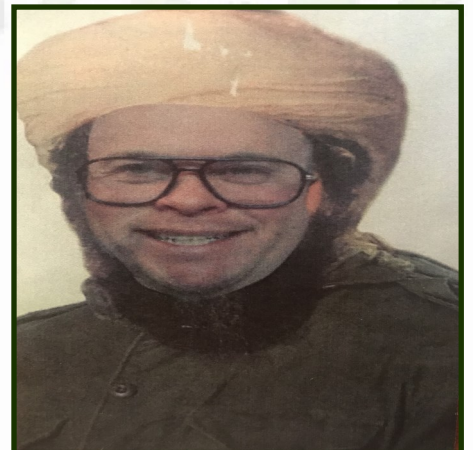


*Steve L.'s picture needs no words!*

**Thinking about running for President - Elect this year? Looks like having the ability to be silly and have fun is a prerequisite!**



*Can't give Tony too much grief on this picture only because I know there's one of me floating around with the same nose!*



*Wiley dressed up as a terrorist...or is that a costume?*