



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

September—Leadership

Insights on Leadership

I suppose I've never sat back and thought about what qualities a good leader has, I just know what I like and don't like about my supervisor and other people that I have worked under on group projects/events. Just recently, while attending a Training of Trainers for Community Health Leadership and Action, a few things were brought up that were enlightening and made me think on just a few leadership qualities.

Very early on in the training the first day, the trainer was talking about how important it is to be trustworthy and transparent with the community group/s you are working with in order to achieve the desired end goals. Not a shocker that you should be a trustworthy person right? But she continued on to explain that when you are leading a group and they don't perceive you as trustworthy, they withhold all their important little nuggets of information that they know about the community/neighborhood/project as well as their own ideas that could really help move things forward.

As she was saying this, I realized I was nodding in agreement! I found this so true! If I'm working with someone I trust on a project, committee, etc., I will blow up their inbox with information I have on it or ideas. They probably start rolling their eyes to see my email address pop up! But on the other hand, if I don't feel someone is trustworthy, no matter how much knowledge, information, or how many ideas I have on a particular topic, I will keep all my little nuggets to myself. So in all your community work, be trustworthy and transparent in what you are doing. In be transparent, I mean, don't lead people to believe that you are leading the group to work on xyz if you really want to accomplish abc.

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September Quote: "I alone cannot change the world, but I can cast a stone across the waters to create many ripples." – Mother Teresa.

Club

President:

Rene Critelli



BEC AUGUST NEWSLETTER

The Breakfast Exchange Club of Billings

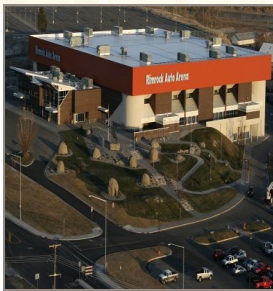
**September Volunteer Opportunities:
Zip, Nada & Nothing**



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Future Volunteer Opportunities:

October 12—N.I.L.E Ranch Rodeo
October 17-19—Rodeo
November 16—Monster Trucks
November 22—Slayer
November 26—Cirque Dreams Holidayze
December 8—Kenny G



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



While many leadership topics and exercises were done in that week, the piece on trustworthiness/transparent and cultural competency were the two key things that I took away from the training. Cultural competency you ask?

I came away thinking how important cultural competency is, simply because of how important it is for a leader to recognize the differences in everyone and the lens they see the world through so that they can be inclusive of everyone and their differences. It's really just about learning other people's story.

We began the section on cultural competency with an exercise where everyone started out lined up at the back of the room and the trainer would make a statement and if it applied to you, then you were to take two steps forward. I won't bore you with all the statements in the exercise, but the first statement was, "Take 2 steps forward, if your parents are still married." I'm sure you can see with that first question, what the group was learning about each other, what types of statements the trainer continued on with that might change how a person viewed the world, and how everyone in the group would end up at all different places in the room. It also gives the leader of the group a good of idea of who the resilient people are in your group! The people left at the back of the room at the end of the exercise tend to be the ones that haven't had much or anything handed to them in life and have maybe had a rough go of it through life due to nothing that they've done or decisions they've made. They tend to be your resilient ones that have had to fight and be strong to get where they are.

The exercise is really about looking around and recognizing the differences in each other, not at all about judging someone because they have had a head start in life (those at the front of the room) or had a rough start. In the end, this is just a picture of life and everyone still has to run the race, no excuses, no apologies...whether we think its fair or not.

Really, if we know each other's stories so that we can understand why some view things in one way and others view the same scenario in another way, doesn't it make it that much easier to work together as well as lead?

All of the exercises/activities we learned to do and teach were impactful but I would without a doubt say the Cultural Competency activity was the most impactful and evoked emotion.

THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT

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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?

- 3rd—Josephine Crossing Concert (supports local non-profits)
- 6th—Night Owl Run supports various organizations
- 6th—Ales for Trails
- 7th—Run For Her 5k supports the HER Campaign
- 7th—Scrub Run benefits Riverstone Reads
- 14th—United LUV Glow Run
- 15th—Montana Marathon supporting YMCA

Thursdays—Gardeners Market
Saturdays—Farmer's Market
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

As many of you know, my office has the Volunteers In Service To America (VISTA) Program. Last August, I thought it might be pretty great if Stacy had a VISTA to help with some program development that she doesn't have the time for. I approached my supervisor and asked her if she would consider waiving the host site fees associated with a VISTA being placed with an organization and she said, "of course she would do that with my recommendation!"

With that, I introduced them via email and my supervisor, who is the Billings Metro VISTA Project Director sent the information to Stacy, the stars aligned for everything to come together and now please welcome Cortlynn Cartonina if you see her at The Family Tree Center or FTC functions. Cortlynn began her one year of service the week of August 19th!



Cortlynn Cartonina recently graduated from D'Youville College in Buffalo, NY with a combined bachelors and masters in occupational therapy. Her fieldworks allowed her to focus on mental health and pediatric services, which is one of the reasons The Family Tree Center's AmeriCorps VISTA position is such a great fit. Buffalo has always been home for Cortlynn but she is beyond excited to relocate to Billings for this opportunity. Traveling and exploring new places are some of the things she enjoys most. She also loves coaching volleyball, reading, and taking photos.



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Committee Happenings:

BECOM Committee—Your September BECOM Editor is Pam Doherty

Social Committee—Mustangs Baseball on September 7th! They are also working on a new date for the Corn hole Tournament and busy planning the holiday party. Annual Halloween Pub Crawl is scheduled for October 26th.

Patriotism Committee—Chili Cook Off for Veteran's Day on November 9th at the American Legion.

Other Upcoming Happenings:

District—All Club Social on September 13th in Laurel.

GET INVOLVED

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

Whose had any of these moments?

I don't remember much from last night but the fact that i needed sunglasses to open the fridge this morning tells me it was awesome.

Sometimes someone unexpected comes into your life outta nowhere, makes your heart race and changes you forever...

We call these people cops.

That moment when you walk into a spider web and suddenly turn into a karate master.