



July—Stepping Into a New Fiscal Year

As we enter a new fiscal year, it seems like a good time to reassess your why!

To reassess your why, we need to go back to your initial why for joining the Breakfast Exchange Club. Was it to expand your social circle? Did you feel fired up about one or more of the four programs of service (Child Abuse Prevention, Youth, Americanism, & Community Service) we work on? Or maybe have some other reason?

Service is at the heart of most clubs, no matter where in the world it's located and whether it's the Kiwanis, Exchange, Optimist or one of many others. Members complete service projects, devote countless hours of service and raise millions in funding every year for communities, families and projects.

Powerful stuff. Unfortunately, many service clubs face declining memberships and the average age is well north of 50. Virtually all service clubs are not only seeking new members to carry the torch, but for committed members who are willing to jump in and volunteer for projects, fundraising and really be a part of the "team". As governments cut services and individuals face tough economic realities, service clubs are needed as much today as ever before.

There are those that have joined our service club, as well as others, in order to prospect for new business contacts or something a little "extra" to put on their resume. But if that is your primary motivation, don't bother. It's been shown you won't be successful. If you join because you are grateful for your current lifestyle, have a desire to give back to your community, would appreciate the opportunity to meet new people, make new friends and feel good about yourself, then jump in head first and commit to the club. Our club supports projects and causes that you can get behind. Once you've given, you'll find that you also receive.

As I step into the new fiscal year of the club, and I'm doing my own reassessment, I have many whys for jumping in head first without a helmet and for the most part it comes down to gratitude as the fuel to get excited and motivated about what we can accomplish in the upcoming year and years to come.

More on new fiscal year on page 2...

Volume 4, Issue 1

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July 2020

July Quote: "Put your heart, mind, and soul into even your smallest acts. This is the secret of success." — Swami Sivananda

Club

President:

Dina Harmon



July Volunteer Opportunities:

July 18—Brews & BBQ

Future Volunteer Opportunities:

**September 17—
Toby Keith**



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

Everyday, I'm beyond grateful for my children's excellent health, the ability that my husband and I have to put nutritious food on the table to preserve that health, as well as the ability to clothe them in nice clean clothes that protect them from the weather, specifically the cold winter weather.

Such gratitude gives me the desire to try and help every parent with fewer resources to put nutritious food on the table for their kids and warm clothes on their kid's back. In general, I wish for every child to have a great life with all the necessities and none of the hurts that can sometimes happen to kids in every community. Every little bit we do, makes a difference in someone's life whether we realize that or not.

As a part of my reassessment, I also realize how grateful I am for my own health. Of course, I'm so very grateful that I can run for miles and lift those torturous weights my trainer keeps adding pounds too, but really how great is it to be able stand in a beer booth for hours on my feet and be a part of a team that's raking in the dollars to grant to those in our community that needs us the most. Once we get to working events, think about that after an event and be thankful for what your body can do. It may not seem like a big deal, but some people don't have that ability.

We really do live in a great community! It's safe for our kids, grandkids, neighbor's kids, and ourselves. Seems to me it's worth getting off our butts to help clean up, help raise money for and take care of! By the same token, we really do have a great little club that's worth getting off our butts to pitch in some elbow grease and time on! This is a little bit about my reassessment heading into the new year.

Now it's your turn to take a little time to think about your why and what projects/activities you can get behind and help out with.

DEVOTE YOURSELF
TO YOUR **community** AROUND YOU
& DEVOTE YOURSELF
TO **creating** something THAT GIVES YOU
PURPOSE **and** **meaning**
----- MITCH ALBOM -----



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Guest Article

Tornado of 2010

There was a football game on June 19 where we sold 2,112 beers @ \$4, which happened to be the day before Father's Day. On Sunday, I went to Metra to see how we did for sales at the game and to pick up the money and clean things up. After about 20 minutes, I got a call from Carol to come down to the car so we could get to our son's house for a barbeque. I locked the back door of the Metra and left the building. The sky was getting dark and it looked like a storm was coming our way. 50 minutes later the building was destroyed.

The next week I tried to get into the building. I was told no one was allowed in. I finally convinced Bill Dutcher that I needed to get in to see if our safe was still in the building and if I could get it opened. Bill finally agreed. Jeff Seward gave me safety glasses, a hard hat, flashlight and had me follow him into the building. This was not the Metra we knew. Glass, steel, broken lights, and what was left of all the booths on the East side littered the floor. It was strange looking up and seeing the sky instead of the ceiling. I did find the safe & it opened on the first try. Jeff told me to get the money and get the hell out of the building. We had close to \$20,000 in the safe.

Insurance

Thanks to Dave Purcell and Nate Allie we were able to collect insurance for damage to property, spoilage, & loss of income. I met some really nice people in the Claims Department of Travelers. I met two different adjusters who came out at different times to look at the damages. All of the beer booth damage was on the east booth, no damage on the west side or downstairs. Our inventory losses were for 40 kegs of beer, 27 cases of can beer, and 7 cases of cups and trays. Our first check was for \$4,505.

The great thing about this policy was that we were paid for events that we lost due to the loss of the building. This included three indoor football playoff games, Jason Aldean concert, Scorpions concert, Hinder & Finger concert, Celtic Women, Shinedown, Rodney Carrington, Brad Paisley, and Carrie Underwood concert. We also were paid for Monster Trucks, 2 Billings Bulls Hockey games & Night of Destruction.

This was a total of \$201,110 of gross sales. Figures were for past sales at the concert or event, or if they had never been here, I used a comparable concert or event. We netted \$108,016.

In May of 2011 we received a final check of \$5,255 for the cost of co2 regulators, cleaning and recharging all of our keg boxes, new beer lines & tavern heads, floor mats, & a new single keg box.

We were back in business for a big Elton John concert on April 10, 2011, where we sold 7,541 beers.

-mike



THE BREAKFAST

EXCHANGE CLUB OF BILLINGS, MT

PO Box 2224
Billings, MT

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

Committee Happenings:

BECON Committee—

Your July BECON Editor is Rod Hessler.

Invocation Committee—

July prayer to be done by Rod Hessler.

Freedom Shrine —

Freedom Shrine rededication at McKinley

School moved to next school year.

Other Happenings:

Not much on the horizon right now...

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

CAP Center Corner

Creating Positive Childhood Experiences

Healthy and happy childhoods start now. Learn how you can help!

Young children experience the world through their relationships with parents and other caregivers. Children and families thrive when they have access to safe, stable, nurturing relationships and environments. These relationships and environments are the key to creating positive childhood experiences.

Child abuse and neglect are common.

- At least 1 in 7 children have experienced child abuse and/or neglect in the past year, and this is likely an underestimate.

Children living in poverty experience more abuse and neglect.

- Rates of child abuse and neglect are 5 times higher for children in families with low socio-economic status.

Child abuse and neglect and other ACEs have a tremendous impact on lifelong health and wellbeing.

- Exposure to violence in childhood increases the risks of future violence victimization and perpetration, substance misuse, chronic health conditions, lower educational attainment, and limited employment opportunities.

The good news is **prevention is possible**. Everyone can help prevent child abuse and neglect and promote positive childhood experiences by supporting children and families where you live and work.

Parents and caregivers:

Parenting is hard work! There are many things you can do to create positive childhood experiences.

- Establish a routine. Children feel secure and thrive when the environment is structured for them.
- Praise your child when she does something right. The more you praise a behavior, the more likely it is your child will behave the same way again.
- Pay attention to your child when he is trying to communicate with you. Giving him your full attention will make him feel like you care about what he has to say.
- Set aside time each day to talk and play with your child. Creating a special time lets your child know she is important and strengthens the bond between the two of you.

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EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

We know that every child and every parent is unique. You may face many different situations and challenges every day. **It's ok to ask for help.**

- Reach out to babysitters, family members, or close friends.
- Discuss your concerns with your child's doctor.
- Find out if your community offers support groups or programs parents and caregivers.

Friends, family, and neighbors:

As a friend or neighbor, you can develop nurturing, supportive relationships with the children in your life. Offer to babysit, make a meal, or drive a parent or child where they need to go.

Coworkers:

As a coworker, you can listen and support your colleagues by encouraging them to take breaks or seek additional help if needed. You can also offer to help with their workload.

Everyone:

We can all recognize challenges that families face and offer support and encouragement to reduce stress. Everyone can promote social norms that discourage violence and help ensure the safety of all members of a community.

- Let people know that violence is unacceptable and steps will be taken to protect the victim of violence.
 - Encourage people to stand up and speak up, if they can safely do so, when a person is being harassed or hurt or needs support.
- We can also support community programs and policies that provide safe and healthy conditions for all children and families.
- Examples include supporting family friendly work policies like paid leave and flexible work schedules and supporting policies that strengthen household financial security based on the best available evidence.

[cdc.gov](https://www.cdc.gov)

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

July 4—Chief Joseph Run benefitting S.O.W Ministries

July 10 & 11—Homesteader Days (Lions Club)

July 12—Downtown Litter Pickup (8:00—10:00 a.m., meet at Liberty & Vine)

July 18—Pints, Plates & Partnership Summer Fare & Craft Beer Pairing @ Carter's Brewing benefitting Family Support Network

July 23—Cornhole Tournament @ Tiny's Tavern; 5:00 p.m.

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)

Wednesdays—Geeks Who Drink Pub Quiz & Trivia @ Thirsty Street At The Garage; 6:00 p.m.

