



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT



October—Domestic Violence

Another month with a dark subject! Where are the rainbows and unicorns? Domestic violence was already an epidemic before COVID-19, but the health crisis has caused a tremendous spike in incidents of abuse. Even as lockdown restrictions are lifted, the abuse will not simply end. It remains a critical time for survivors, and greater awareness, education, and bystander intervention are desperately needed.

Domestic violence is all about power and control, and in an isolated environment, control is more easily exerted by abusers, with fewer and fewer avenues for accountability for their actions. Worldwide reports from other professionals in the field verify fears. In Israel, women's shelters are running out of room, with one worker describing a 'tsunami that's going to happen. In Australia, workers are trying to prepare for the predicted 'soaring numbers of women and children in crisis and in Ireland, the situation is being compared to 'a ticking time bomb. The French Secretary of State has warned that the quarantine could 'create a fertile ground for domestic violence and the US National Domestic Violence Hotline warns that abusive partners might use tactics such as giving misinformation about the virus, or preventing victims from seeking medical attention if they need it.

Volume 4, Issue 4

As Anita Bhatia,

October 2020

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October Quote: "When I started counting my blessings, my whole life turned around." — Willie Nelson

Club
President:

Dina Harmon



October Volunteer Opportunities:

Take it easy!!

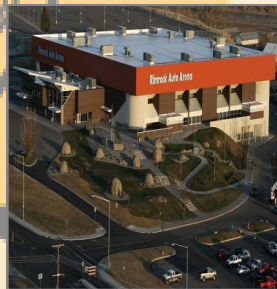
Future Volunteer Opportunities:

Will keep you posted as events come back!



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



As Anita Bhatia, Deputy Executive Director of UN Women, summarizes, ‘the very technique we are using to protect people from the virus can perversely impact victims of domestic violence’. Like women who normally spend their days at work, now trapped at home with their abuser, and those who rely on visits from external family, or picking up the kids from school as a respite from the abuse. Everywhere is now out of bounds, separating victims from key routes of support when they will need them most.

Many children will also suffer—maybe witnessing the abuse for the first time and having nowhere to escape. We all know the devastating effects that this can have on both their current mental health and their growth into adults.

If you know or suspect that somebody suffers from domestic violence, *please* contact them, and keep that vital line of support open. This is one disease where washing our hands amounts to indifference. We cannot ignore the neighbor who is shouting or the sister who is crying on the phone.

NO MORE is encouraging *everyone* to listen for abuse and, if necessary, call the National Domestic Violence Hotline if you want advice, and call the police if you hear somebody getting hurt, or if you think their life is at risk. Please, share this message with all your friends and contacts—so that the abusers know we are watching and their actions will not go unnoticed.

To end domestic violence and sexual assault, we all need to be part of the solution. Educating yourself and others, helping a friend who is being abused, speaking up, and being an engaged bystander are all examples of things you can do to help.

Talking about these issues openly will help end the shame and stigma that domestic violence and sexual assault survivors are burdened with. The next time you're in a room with 6 people, think about this:

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- 1 in 4 women and 1 in 9 men experience violence from their partners in their lifetimes.
- 1 in 3 teens experience sexual or physical abuse or threats from a boyfriend or girlfriend in one year.
- 1 in 5 women are survivors of rape.
- 1 in 3 women and 1 in 6 men have experienced sexual violence in their lives.
- 1 in 4 women and 1 in 6 men were sexually abused before the age of 18.

What is Domestic Violence?

Domestic Violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Some signs of an abusive relationship include:

- Exerting strict control (financial, social and/or appearance).
- Needing constant contact including excessive texts and calls.
- Emotional abuse including insulting a partner in front of other people.
- Extreme jealousy.
- Showing fear around a partner.
- Isolation from family and friends.
- Frequent canceling of plans at the last minute.
- Unexplained injuries or explanations that don't quite add up.

www.nomore.org/campaigns/dvam



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**Awesome shrimp boil and
horse racing social!!**



**We even had a
Birthday Boy!!**

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 Abuse.

Committee Happenings:

BECON Committee—

Your October BECON

Editor is Tanya Tweten.

Invocation Committee—

**October prayer to be
done by Dave Staton.**

**Social Committee— work-
ing on a fun event for
Halloween!**

Freedom Shrine —

**Freedom Shrine rededi-
cation at McKinley
School moved to school
year.**

GET INVOLVED!

****Committee Chairs—**
*Please email your up-
coming events to
dinahar-
mon1212@gmail.com
to be included in next*



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CAP Center Corner



Naturally Boost Your Child's Immune System

1. Avoid antibiotics unless absolutely necessary

Antibiotics are prescribed more than 154 million times a year for anything from a wound to an ear infection. The purpose of antibiotics is to kill off bacteria causing infections, and sometimes they are lifesaving, for sure. However, the CDC estimates that at least 30 percent of antibiotic prescriptions are unnecessary. This matters because antibiotics not only wipe out pathogenic bacteria, but deplete the beneficial bacteria in the gut microbiome. Why kill off the good guys when it's not necessary? If a doctor prescribes your child (or you) antibiotics, don't just accept the prescription without a few questions. How necessary are these antibiotics? How likely is it that your child's natural immunity will take care of the problem without the medicine? Are there more natural anti-bacterial options? Doctors focused on natural health sometimes recommend alternatives such as colloidal silver over antibiotics, to boost immunity without depleting the microbiome.

2. Serve more probiotic-rich foods

Start the school year off strong by building up good gut bacteria. One great way to do this is to serve more probiotic-rich foods to the whole family. Starting in the summer, offer fermented foods like sauerkraut or kefir (which comes in lots of flavors that your kid will, fingers crossed, love), or plant-based (unsweetened) yogurts mixed with fresh chopped or pureed fruit. If you have an extra picky eater, you could try kid-friendly probiotic gummies, for a painless dose of immune-boosting good bacteria. Some brands do contain sugar, though, so stick with whole food probiotic sources as much as possible.

3. Regulate the family sleep schedule before the first day of school

As the sun stays up late and schedules are unpredictable, summer can be a difficult time to establish a regular bedtime, but as fall approaches, re-establishing a sleep schedule with a set bedtime and wake time can make a big difference in the ability to avoid the fall and winter sniffles. That means no more sleeping in or staying up late. Most children need between 10 and 14 hours (1) of uninterrupted sleep every day to be optimally healthy, so starting this sooner rather than later will make going back to school less of a struggle and a physical shock to the system. That means those little bodies will be better prepared to fight off any germs that come their way.

4. Out with the sugar, in with the fruit



5. Give them a colostrum boost (yes, really)

Breastfed children are often healthier with fewer allergies, due to the protective, immune-boosting antibodies found in colostrum—the “first milk” produced from nursing moms. But older kids (and adults) can benefit from this antibody-rich substance from grass-fed cows and goats, available in a handy powdered form. Sneak it into smoothies, water, juices, and even kefir. They won’t know they’re getting an extra dose of super immune power, but you will!

6. Show them the door

Summer is a time for outdoor play, but that doesn’t have to stop just because school started. Encourage your kids to be outside as much as possible all year round, not only for the exercise and fresh air but for the “sunshine vitamin,” aka vitamin D. The body absorbs sunlight using cholesterol to convert it to a usable form of vitamin D, and every single cell in your body requires vitamin D—your immune system in particular. However, because we don’t get enough outdoor time, most of us are deficient (vitamin D is one of the most common nutrient deficiencies in America), and low levels are linked to autoimmune conditions such as type 1 diabetes and inflammatory bowel disorders. Optimal levels have been shown to improve symptoms of these conditions by helping increase white blood cells, which are the defenders of your immune system. Stock up now by sending the whole family outside on these long sunny days, and boycott the TV and video games. Instead, read outdoors, or hike, play sports, or hang out at the (outdoor) community pool. When school starts, family walks, outdoor games, and dinners *al fresco* are good ways to keep the vitamin D flowing.

7. Green up your meals

Of course we all know we should eat our greens, but do you know why? One good reason is methylation. Methylation is a biochemical process that happens throughout the body with many important functions, including detoxification. Sulfur-rich vegetables like brussels sprouts and broccoli, as well as dark leafy greens like kale and spinach, are loaded with the B-vitamins that fuel methylation and can help to power up your child’s ability to safely process and eliminate everything from pollution to chemical exposure.

And what about those kids who stubbornly refuse to gobble up veggies? Try making green smoothies and popsicles with just a little fruit for sweetness. They’ll be getting a sweet treat, and you’ll be getting the satisfaction of knowing they are strengthening their immunity and natural resilience.

8. Experiment with essential oils

These fun and easy immune-boosters, like eucalyptus and oregano, have been shown to have antibacterial and immune-modulating capabilities. Try diffusing them into your indoor environment to support the whole family’s immunity. Eucalyptus (2) has an energizing effect, and food-grade oregano (3) essential oil can be added to meals to enhance flavor, as well as your child’s immune system.



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

October 2, 3, 9, 10, 15, 16, 17, 23, 24, 29, 30, & 31—MT Zoo Sleepy Hallow Haunted Wagon Rides

October 8—DBA Pumpkin Painting Contest

October 24—The Great Masked Pumpkin Race (1, 2, or 3 Mile)

October 11—Downtown Litter Pickup (Liberty & Vine @ 8:00 am)



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.

**Special Days/Holidays

12th—Columbus Day

31st—Halloween