



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

BEC February NEWSLETTER

The Breakfast Exchange Club of Billings

February—Random Acts of Kindness

Wednesday, February 17th is Random Acts of Kindness Day. Do we really need a day for random acts of kindness? Why can't we be good about doing random acts of kindness on a daily basis instead of it being a day?

Random acts of kindness don't have to cost money. Sure, it's super nice to pay for the coffee of the guy/gal in the car behind you at City Brew, but there are many things you can do that won't cost you anything as well.

Compliments and correspondence

Everyone loves a compliment! When you get to work in the morning, compliment someone on their hair, new shoes or shirt and I bet you'll make their day. If you go out to lunch or dinner and the food, service or both were excellent, hop on their website or social media page and leave a raving review. It only takes a few minutes out of your day. Send handwritten letters, thank yous, and get-well cards. Text good mornings and/or good nights to loved ones.

Treat others how you want to be treated

This definitely shouldn't be random! A smile, handshake and just trying someone with respect can go great lengths to brighten someone's day and is absolutely free to give. I will never forget walking through Lincoln Center parking lot one morning on my way to my office. A bus was stopped to drop off some kids and a young boy about kindergarten or first grade age was peering out the bus window. I waved at him and I've never seen a bigger smile and a face get so bright! Maybe that was just what he needed on that morning.

Here's a big one for me...be kind to your server! "How others treat the CEO says nothing, they say. But how others treat the waiter is like a magical window into the soul." - Del Jones

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February 2021

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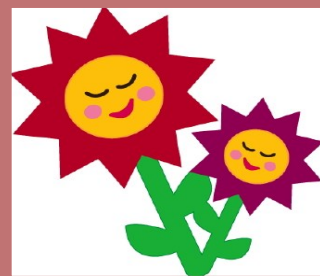
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February Quote: "I expect to pass through life but once. If therefore there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." — William Penn

Club

President:

Dina Harmon



February Volunteer Opportunities:

Rest up and recoup!

Future Volunteer Opportunities:

Will keep you posted on fundraising events!



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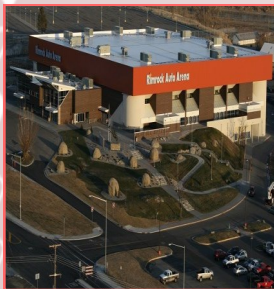
Have you ever heard of "The Waiter Rule"? Basically it says that the way someone treats the wait staff at a restaurant shows how they often feel about, and treat, those who are perceived to be of a lower status. On the other hand, those who are kind, considerate and appreciative of their wait staff are often happier and more successful in their lives.

Things that may cost you a little money and/or time

If you have a little extra to give there's always so many things you can do. I already mentioned paying for the person behind you in a drive through. If you know of a neighbor who may be struggling a bit, make them a nice dinner and take it to them or they are struggling a little more than that, maybe do a little grocery shopping and leave them on their doorstep. How about that young family on your street, maybe leave some uncarved pumpkins on their doorstep a few weeks before Halloween.

If you have a hobby you love such as baking, knitting, crafting, etc., most people would love to be the recipient of your baked goods, hand knitted scarf.

It's nice to know you thought of them! Get out there and commit some random acts of kindness everyday, not just on February 17th!



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



2018 BEST CLUB BULLETIN

Exchange Club
75 or more members





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

February 7—Downtown Litter Pick Up (meet at Liberty & Vine by 8:00 a.m.)

February 7—Froze Nose Run (Rimrunners)

February 20—It Starts At Home Fundraiser for Bikers Against Child Abuse & Operation Underground Railroad @ Manny's Sports Bar; 2:00 p.m.—closing

February 22—BINGO for Warrior Wishes @ High Horse; 7:00 p.m.

1st & 3rd Thursday of month—Yoga @ Billings First Church; w/ Lisa Harmon; 10:00 a.m.

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Wednesdays—Trivia @ Thirsty Street At The Garage; 6:00 p.m. (every other week, the game will benefit Tumbleweed)

Fridays—BINGO @ Columbia Club

****Special Days/Holidays**

7th—National Wear Red Day

14th —Valentine's Day

15th—President's Day

**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—

Tanya Tweten has February editor duties.

Invocation Committee—

Shawnee

Krauszer will lead us in prayer.

Social Committee—

Working on something fun!

Freedom Shrine —

Freedom Shrine rededication at McKinley

School on hold.

GET INVOLVED!

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



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CAP Center Corner

30 Acts of Kindness Kids Can Create & Do On Their Own

Children are born pure of heart good; they are good, they want to do good and they chose to help others. When you incorporate acts of kindness into your everyday life, the ease of being kind and spreading joy becomes more than simple a good habit, it becomes part of who you are. Acts of kindness making raising compassionate kids who want to do nice things for others, easy. These are 30 wonderfully fun and easy acts of kindness for kids to create and perform and spread joy.

People learn best by doing, this is a fact. You can't tell your child how to tie their shoes and expect them to master this milestone just from verbal instructions. Instead they practice over and over again until they get the hang of knotting their shoes.

Once the brain has learnt the new trick, it stores it on the top shelf where it'll collect dust and never be brought down again because it knows how to tie shoes and doesn't need to learn it again.

The same goes with helping children develop empathy and doing things for others without being asked. Once they create the habit of doing for others simply because it's nice and makes others feel good, the habit is ingrained and becomes a part of the person.

Random acts of kindness sprinkled into your days reinforce the natural goodness that's in all children and when they see how their kindness brings a smile to another's face or makes a random person's day, acts of kindness become ingrained. Like exercise, doing for others gives you feel good endorphins and they produce such a great sensation, replicating those feelings over and over becomes the goal.

Here are 30 Wonderful Acts of Kindness You Can Do With Your Kids to Brighten Someone's Day

1. Bake treats for a neighbor and make a nice card just to say "hi"
2. Buy a \$5 gift certificate and hand it to the person in line behind you (or buy their meal)
3. Create kindness bags to hand out to people in need
4. Put a stack of pennies or quarters on the ride-on horses (or machines) at the grocery stores for other kids to have a free ride.

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5. Have the kids buy toys and drop them off in a donation box for the holidays
6. Set up a bin of treats and bottled water for the mail man and delivery persons with a note
7. Have your kids make cards with a candy bar or Starbucks card for their teacher just to say "thank you"
8. Buy and extra bag of pet food and small toys to drop off and donate at your local animal shelter
9. Help pick weeds, rake leaves or shovel snow in the neighbor's yard
10. Tape a note to a changing station that says "You're Doing Great, Mom"
11. Pay for someone's meal at a restaurant and leave a nice note explaining why
12. Make your brother or sister's bed and clean up their room "just because"
13. Slip a Mom who looks like they're having a tough day a note that says "You're a Great Mom"
14. Collect food to donate to a local food bank
15. Give the bus driver a candy bar and tell them "thank you"
16. Hand out coloring books and sets of crayons to kids you see in waiting rooms (the doctor's office, car service center, car wash, restaurant, in line, etc.)
17. Buy extra school supplies for a teacher's classroom
18. Set up a lemonade stand and donate the profits to a local charity
19. Paint kindness rocks with encouraging messages and set them around your neighborhood where they'll be seen
20. Ask for donations instead of birthday gifts
21. Take a basket of treats and snacks to a local fire station
22. Have your child pick fresh flowers or bring a small bouquet from the store to their teacher



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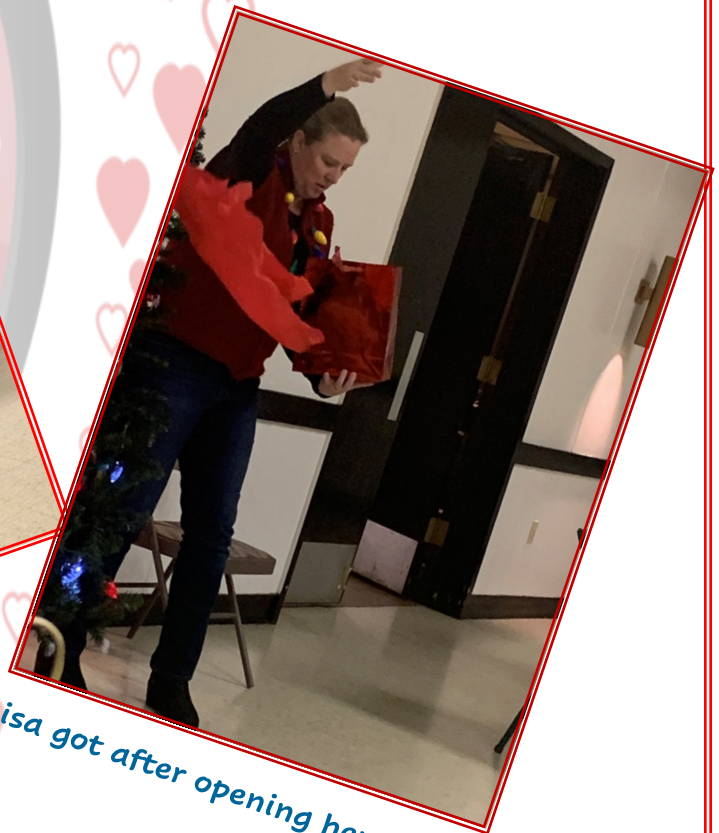
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23. Buy ice cream from the ice cream truck for other kids
24. Leave pennies on the sidewalk (heads up) for good luck!
25. Do a chore for your brother or sister without them knowing
26. On a hot day, keep a cooler of iced water and drinks on your porch or front of your yard
27. Hand out mittens, socks and hats to people who are in need
28. Leave sticky notes on bathroom mirrors that say "You are Beautiful" or "Your Smile is Beautiful"
29. Send a random card in the mail just to say I Love You
30. Bring cookies or a snack to the staff at a local nursing home, veterinarian clinic, police station, doctor's office, etc.

www.thepragmaticparent.com



BEC Holiday Get Together & White Elephant Gift Exchange



Lisa got after opening her gift!!

More pics on page 7



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Tanner revealing the treasure he opened!



Shannon carefully choosing her gift from under the tree.



And I stole Baby Wiley!

He's a perfect addition to my yoga room :)