



# The Lakes & Prairies EXCHANGITE

[lakesandprairiesdistrict.com](http://lakesandprairiesdistrict.com)

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## Event Calendar

- Aug 17 Exchange Club of Omaha chartered in 1951.
- Aug 25 Exchange Club of Waverly chartered in 1984.
- Sep 8 Exchange Club of Omaha's 37th Annual Tee Off Against Child Abuse Charity Golf Classic at Field Club.
- Sep 11 Patriot Day.
- Sep 13 Hunter Alexander Frank Memorial Foundation 5th Annual Fundraising Event at the SCFF Beer Garden on the fairgrounds. More info at [www.hafmemorial.org](http://www.hafmemorial.org).

## Lakes & Prairies District has strong showing at The National Exchange Club Convention in Louisville

By Dennis Kehoe,  
2025-26 Lakes &  
Prairies District  
President



The Lakes & Prairies District was very well represented at the National Convention, July 9-12, in Louisville, Kentucky.

We were rewarded with several top awards. Lakes & Prairies received a Distinguished District Award. Sharon Klein earned a Distinguished District President Award, which she well deserved. The Outstanding Newsletter Editor Award was also received. A big shout out goes to Randy Sobrack for publishing one of the best newsletters of the 26 districts.

Our clubs received many awards which proves our district is second to none. We hope to earn many awards next year and the best way to start doing that is by taking the training courses on the National website education

portal.

The Louisville National Convention now has us excited for the new year and the 2026 National Convention in Omaha, Nebraska, where we are the host district. We are planning an exciting hospitality room and hope to show our spirit by being the most energized group there. It is not too soon to make plans for the 2026 National Convention at the Omaha downtown Hilton hotel. We have 11 months to save our money and get ready for an incredible time in Omaha. Since it is a relatively short drive having all our clubs represented would show our Exchange dedication to the rest of the districts.

The year is starting strong with the new Exchange Club of Medford chartering July 31 (see photo below). A big thank you goes out to Annette Duncan, Katie Smith and the rest of the club building team. Tell them, "Great Job" when you see them. Our district hopes to build at least one more club this year after the chartering of the

*(District President continued on Page 3)*



District President Dennis Kehoe (pictured third from right) was among the dignitaries on hand, July 31, for the chartering of the Exchange Club of Medford.



# Reflecting on district president experience: It's all about caring

By Sharon Klein,  
2025-26 Lakes & Prairies Immediate Past District President



As I reflect back on the last 15 months, I have come to realize that life and Exchange is about caring.

Caring for one another, caring about



Klein was presented with a Distinguished District President Award during The National Exchange Club Convention in Louisville.

the less fortunate, caring about our veterans, caring about child abuse, about our community, and caring about our youth.

When I quickly had to conduct a convention, and two business meetings, after a short notice, I had so many people caring for me, assuring me, and helping me. Me, who I never really knew most of the people cared.


As I have visited clubs throughout Minnesota, Iowa, and Omaha, I have met so many people who are all caring for the same things. Each club and its members perform projects, hold banquets, honor students, help veterans, all because we CARE.

Through my stint as district president, I got to know people from throughout the United States, my fellow district presidents, the national board and staff. I have learned that I am able to lead, maybe not as well as others, but I can lead. I have overcome my timidity and I am no longer afraid to reach out to people I am meeting with my hand in greeting first, introducing myself. I have learned what true friendship is. I have learned what it means to CARE.

I want each and everyone of you to know this last 15 months has been an experience of a lifetime, an experience I will never forget, to that I owe you all for your support and for CARING.

**The Lakes & Prairies District wishes to recognize the newest members who joined their respective Exchange club in July and so far in August:**

**Cedar Falls:** Edna Harrell, 8/7; **Medford:** Brandon Flores, 7/31; Maggi Flores, 7/31; Alyssa Gillies, 7/31; Craig Helgeson, 7/31; Phil Heim, 7/31; Allison Samora, 7/31; Corey Samora, 7/31; Alicia Stephens, 7/31; Calleigh Stephens, 7/31; Michelle Stephens, 7/31; Doris Yrjanson, 7/31; Candace Byrge, 7/31; Paul Byrge, 7/31; Amelia Duncan, 7/31; Bryan Duncan, 7/31; Annette Duncan, 7/31; **Omaha:** Ron Tanner, 7/3; **Waseca:** Pizza Ranch (Cricket Jirele), 7/22; **Waverly:** Holly Jacobsen, 8/7; Brenda Schmidtke, 7/31; Kyle Kappmeyer, 7/3.



## EXCHANGE

THE NATIONAL EXCHANGE CLUB

**Accepting the divine privilege of single and collective responsibility as life's noblest gift, I covenant with my fellow Exchangites:**

- ★ To consecrate my best energies to the uplifting of Social, Religious, Political and Business ideals;
- ★ To discharge the debt I owe to those of high and low estate who have served and sacrificed that the heritage of American citizenship might be mine;
- ★ To honor and respect law, to serve my fellowmen, and to uphold the ideals and institutions of my Country;
- ★ To implant the life-giving, society-building spirit of Service and Comradeship in my social and business relationships;
- ★ To serve in Unity with those seeking better conditions, better understandings, and greater opportunities for all.

**Vision: A strong America, safe communities, and unified people.**

**Mission: Exchange, inspiring communities to become better places to live.**



Division 3 Director Randy Sobrack (pictured left) presents a blue ribbon pin, July 9, during the induction of the Exchange Club of Albert Lea's newest member Jena Niemeier. She officially started with the club on March 12.



### Strengthening Exchange for the Future

Delegates of the 2025 National Convention voted to approve a quarterly dues adjustment, effective **July 1, 2025**, to support the continued growth and sustainability of The National Exchange Club. The updated quarterly dues are as follows:

- **Active, Active Honorary, At-Large, Active Family, Business, and Collegiate Members: \$21.50**
- **Excel Members: \$13.50**
- **Honorary Members: \$9.00**
- **Additional Family Members: \$11.00**

Updated invoices will be issued shortly, with payment due dates clearly noted on each invoice.

This adjustment reflects the thoughtful consideration of our membership and demonstrates a shared commitment to strengthening Exchange. These funds allow us to expand our reach, enhance programs, and ensure we continue to deliver meaningful impact in communities across the nation.

**Thank you for your continued support of Exchange and our Mission of inspiring communities to become better places to live.**

*(District President continued from Page 1)*

Medford club—stay tuned!

Our new National President Joe Dudek has set goals for all clubs to increase their focus on Americanism projects for our country's 250th anniversary in 2026. Start planning your events now and consider doing a Freedom Shrine or Field of Honor in 2026.

**M**y personal goals are to focus on growth and retention in our district clubs. Growth comes from within and the 250th anniversary of our country is the perfect time to encourage our neighbors to join America's best service club.

*(Do you have an event you'd like Dennis to attend coming up? Email, text, or call him today so he can get it on his schedule.)*



Kehoe (pictured above) was recognized as a Distinguished Club President for Cedar Falls during The National Exchange Club Convention in Louisville. Pictured far left, District Secretary Lynn Limberg was recognized at the Convention as a Distinguished Club Secretary for the Moonlighters Exchange Club of Owatonna. District Treasurer Diana Sash (adjacent left) earned recognition at the Convention as a Distinguished Club Treasurer for Waterloo.







The Lakes & Prairies District was represented by the following at this year's National Exchange Convention in Louisville: Front row (L-R): Amelia Duncan, Medford; Annette Duncan, Medford and Moonlighters; Lynn Limberg, Moonlighters; Katie Smith, Moonlighters and Owatonna; and Sharon Klein, Owatonna. Middle row (L-R): Audra Hiebert, Des Moines Area; Diana Sash, Waterloo and Des Moines Area; Sharon Droste, Waterloo, and Diane Waychoff, Sunrise Waterloo. Back row (L-R): Bill Creger, Omaha; Michael Knapp, Waterloo and Des Moines Area; Lee Handke, Omaha; Dennis Kehoe, Cedar Falls; John Waychoff, Sunrise Waterloo; and Tom Helligso, Omaha.



Lakes & Prairies Immediate Past District President Sharon Klein (pictured right) presented The National Exchange Club's EDIT Award to Exchange Club of Steele County's President-Elect Randy Sobrack, who is the District's newsletter editor, during the Club's meeting Friday morning, Aug. 8, at The Exchange Club Center for Family Unity office in Owatonna. An award is presented to two district newsletter editors at the National Convention: one for those districts with up to 799 members (which was within the size of the Lakes & Prairies District), and one for those 800 members or larger. The entries are judged by a panel of professionals with experience in writing, newspaper, or periodical editing, or related communications field. The newsletter submissions were judged on district news coverage, club news coverage, national news and promotion, Exchange education, layout, and eye appeal, writing quality, improvement, and frequency of publication. Randy was also presented an EDIT Award in 2022.





Volunteer Field Representative Katie Smith accepted the Exchange Club of Waseca's C.A.R.E Award during The National Exchange Club Convention in Louisville. C.A.R.E. is for Child Abuse Reduction Effort. There are three National recipients. One for those clubs up to 29 members, which was in Waseca's category; one for those with 30 to 74 members; and one for those with 75 or more members. National recognizes Exchange clubs that sponsor the most effective and far-reaching projects. Awards are presented for projects both related to a local Exchange Club Center for the Prevention of Child Abuse, as well as projects not related to a Center. Each recipient had the opportunity to display their project during the Convention. The nominated project must be conducted after July 1 and completed prior to June 1. Applications must be submitted to The National Exchange Club by June 1.



Lakes & Prairies Vice President and Volunteer Field Representative Katie Smith presented a Distinguished Club President certificate to Division 1 Director Mikhail Rostislavovich (pictured left) as president for the Exchange Club of Waseca during their meeting July 22. The certificate was presented at The National Exchange Club's Convention.



Lakes & Prairies Volunteer Field Representative Sharon Droste was presented with a certificate as a Distinguished Club Secretary for the Exchange Club of Waterloo during The National Exchange Club Convention in Louisville.

**Share your club's news!**  
Email Randy at  
[rsobrack@yahoo.com](mailto:rsobrack@yahoo.com)





Lakes & Prairies Division 3 Director Randy Sobrack (pictured second from right) installed officers for the 2025-26 Exchange year, June 25, at the Exchange Club of Rochester meeting. Pictured left to right is Immediate Past President Jim Oeltjenbruns, Board Directors Jerry Blaisdell, Mary Sickman, Bruce Struve; Secretary Dick Radke, President Sherry Irvin, President-Elect Kris Meyer, and Board Director David Gibson (far right). Not pictured is Treasurer Nancy Rindfleisch.



Exchange Club of Steele County President Dom Korbel (pictured left) presented the Outstanding Senior Citizens of Steele County awards to Bruce and Rose Ann (pictured center) Kubicek during Senior Day, Aug. 14, at the Steele County Free Fair in Owatonna. Both were recognized for their involvement in various church and community activities during their senior years to make the county a better place to live.



Lakes & Prairies Vice President and Volunteer Field Representative Katie Smith (pictured back row, far right) installed board officers and directors, July 22, for the Exchange Club of Waseca. Front row left to right is Secretary Christy Easton, President Mikhail Rostislavovich, President-Elect Ann Staloch, and Vice President Jay Bulfer. Back row (L-R): Robin Dulas, Jen Williamson, Jake Lieser, Brad Donner, and Jen Losen. Not pictured is Treasurer Jeanne Sexton.



The Exchange Club of Rochester earned their National Service Award for the 2024-25 Exchange year by handing out 2,500 American flags as part of GiveAKidAFlagToWave, June 28, along the Rochester Fest parade route.

National Exchange Club:

2025-2026

The Results Are In!!

**National Officers:**

National President: Joe Dudek

President-Elect: Fussell Hughes

Treasurer: Julie Harman

Immediate Past President: Mike Reichel