



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

February 2025

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Event Calendar

- Mar 3 "The Star-Spangled Banner" became U.S. national anthem in 1931.
- Mar 6 Exchange Club of Waseca chartered in 1982.
- Mar 9 Daylight saving time starts.
- Mar 17 St. Patrick's Day.
- Mar 20 First day of spring.
- Mar 25 Exchange Excel Club of Waverly-Shell Rock High School chartered in 2019.
- Mar 26 Exchange Club of Steele County chartered in 1971.
- Mar 27 The National Exchange Club founded in 1911.

Looking ahead to great days in Exchange

By Sharon Klein,
2024-25 Lakes &
Prairies District
President



Are you in the winter doldrums like I am? We have made it to the end of February, so better days are ahead.

Great days are ahead in Exchange. We have so many positive things happening in our district this year. I have a fantastic board, there is a very dedicated District Convention Committee and also a very enthused National Convention 2026 Committee that are all working behind the scenes to make the next few years in Lakes & Prairies an exciting time.

We have the possibility of three to four new clubs in the next three years. We have a very inspired president-elect waiting to take over in July, and we have a group of up-and-coming leaders in our future.

March is Exchange month. What is your club doing to celebrate Exchange. Are you having an event, a dinner, a speaker? Don't be shy about sharing your events on our Facebook page. April is Prevention of Child Abuse Month. The district needs some new and/or innovative ideas on how to promote April. Please share.

The membership incentive I have shared in recent Exchangite newsletters will come to an end March 31. Currently we have two or maybe three clubs in the running. Waverly has six new members, Waseca has four, and Waterloo has 3. Those figures are from Wednesday, Feb. 19.

District awards information is contained in this month's Exchangite newsletter. Katie Smith, the district awards' chairperson, has worked very hard to get this all together for your clubs. The deadline for all awards nominations is Tuesday, April 15.

Our 2025 Lakes & Prairies District Convention will be May 16-18 in Cedar Falls. The next Exchangite newsletter will be coming out in mid-March to formally announce the call for the Convention. That newsletter will also include the registration form, agenda, and more. I just want you to know that you talked, and we listened. Our training and break-out sessions will be much different this year and will be for you, the worker-bee, the ones that keep the club going in the background. I can't wait to share all the information with you.

Are you thinking of going to the 2025 National Exchange Convention in Louisville this summer? If so, please let us know. We would like to be well represented to promote Omaha.

(District President continued on Page 11)

SAVE THE DATE
LAKES AND PRAIRIES DISTRICT
CONVENTION
MAY 16-18
CEDAR FALLS, IA



The Lakes & Prairies District wishes to recognize the newest members who joined their respective Exchange club in the past month:

Omaha: Martina Niemeyer; **Waterloo:** Mickayla Burk;
Waverly: Austin Souhrada, Sydney Bochmann.



Enclosed are the 2024-2025 Nomination Forms for this year's District Recognition Awards. Please pass this information on to the designated *Awards Chairperson* for your club.

We would like to encourage each club to recognize their outstanding members at the local level and then submit your local winners to the District. Each club has outstanding Exchangites. Let's show our appreciation for their efforts. Please submit your club's nominations to the District Awards Committee no later than Monday, April 15, 2025. The district winners will be announced at the District Convention in Cedar Falls, IA on Saturday, May 17.

The District Awards will include ***"The Exchangite of the Year"***, ***Rookie of the Year***, ***"The All-American Volunteer of the Year"***, ***Outstanding Club***, ***Outstanding Club Bulletin***, and ***Outstanding Club Facebook Page***. In addition, the Exchangite Hall of Fame Award has been renamed to the Exchangite Lifetime Achievement Award. for those members celebrating at least 25-year memberships and significant contributions to their clubs will be recognized. ***PLEASE NOTE:** It is strongly recommended that the nominees for the individual awards attend the District Convention Awards Banquet scheduled for May 17, 2025. It is also strongly recommended that a club representative be in attendance for the club awards.

District Youth Awards will also be presented for ***"Youth of the Year"*** and ***"A.C.E. of the Year"***. These nominations are due to the District Awards Committee no later than **Tuesday, April 15, 2025**. Please use the official nomination forms found on The National Exchange Club website, www.nationalexchangeclub.org. ***PLEASE NOTE:** The recipients of these awards are required to include a photo (head and shoulders) and must be in attendance at the Lakes & Prairies District Exchange Convention Youth Awards Luncheon scheduled for Saturday May 17, 2025.

The National Exchange Club offers an additional Youth Award called the ***"Legacy Award"***. This award is a little different than the other youth awards. It recognizes high school students who are children, grandchildren or great grandchildren of a current Exchange Club Member. Candidates will submit their original applications directly to the National Exchange Club Headquarters and *a copy to the District Awards Committee*. We will acknowledge our club nominees at the District Convention. The official nominations form is also located on The National Exchange Club website, www.nationalexchangeclub.org.

Thank you for taking the time to say thank you to our fellow Exchangites and recognizing them for their outstanding contributions to our clubs, communities, and our country.

Lakes & Prairies District Awards Committee

C/O Katie Smith

614 Prospect St.

Owatonna, Mn. 55060

507-455-1343(H)

507-676-0405(C)

katiemrsmith@gmail.com

(District award information continued from Page 2)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

AWARDS CRITERIA

EXCHANGITE OF THE YEAR AWARD – this award is given to an individual who has excelled in Exchange during the current 2024-2025 year. It includes efforts in membership, leadership, volunteerism, and active participation in Exchange activities at all levels including District and National.

ROOKIE OF THE YEAR AWARD – this award is given to an individual who joined Exchange after July 1, 2023. It is awarded to an individual who has really stepped up to the plate as a NEW Exchangite. The criteria is the same as for the Exchangite of the Year but must fit within the less than two year membership date parameters.

ALL-AMERICAN VOLUNTEER OF THE YEAR – this award is given to an individual for their contributions at the club level in a NON-Leadership role. It is designed to recognize and acknowledge the multiple hours and contributions made toward club projects and programs, including regular attendance at club meetings and events. The nominee should not have served in a leadership capacity and is considered the worker bee or the backbone of the club.

EXCHANGITE LIFETIME ACHIEVEMENT AWARD – this Award is given to those individuals who have been a member of Exchange for a minimum of 25 years. It is based on the continuous contributions of the individual throughout the 25 plus years and includes all aspects of Exchange: club, district, and national. It is an Award designed to recognize the full spectrum of contributions made by our fellow club members.

OUTSTANDING CLUB AWARD – criteria for this award include, but are not limited to, community service projects, Americanism projects. Youth projects, and Club projects involving Child Abuse Prevention, including all Fundraising efforts. Membership growth and retention are also key. The Award is a traveling Best Club Banner for your club to display at club meetings and events. The club will retain possession of the banner until the awards ceremony the following year. The club will also receive a Gift Certificate to The National Exchange Market.

OUTSTANDING CLUB BULLETIN/NEWSLETTER AWARD – choose five bulletins/newsletters that the club has printed between July 1st, 2024 and March 15th, 2025. Criteria is based on content; (does it include specific club information), is it balanced, promotes participation and significant news, and contains the appropriate Exchange logos; readability, and eye appeal. More specific criteria can be found on the National website – www.nationalexchangeclub.org

OUTSTANDING CLUB FACEBOOK PAGE - Facebook pages will be rated on the content, visual design, functionality and relevance of the posts and outreach results in participation through Likes, Comments, Fundraising results etc.

(District award information continued on Page 4)

(District award information continued from Page 3)

EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

EXCHANGITE OF THE YEAR AWARD NOMINATION FORM

NOMINEE Name: _____

Club Name: _____

Date Nominee Joined Exchange: _____

List and describe nominee's involvement in your local Exchange club (only activities for 2024-2025)

Membership:

Number of new members sponsored: _____

Leadership:

Served on Board of Directors: _____

Served as a Committee Chair: _____

Chaired a Major Fundraiser: _____

Bulletin Editor: _____

Other: (May include letter from individual(s) submitting nomination)

List and describe nominee's involvement in the Lakes & Prairies District Exchange (2023-2024)

Leadership:

Served on Board of Directors: _____

Served as Officer: _____

Chaired District Committee: _____

Served on District Committee: _____

Attended District Convention: _____

Other:

List and describe nominee's involvement in the National Exchange

Attended past National Conventions: _____

Describe any other Exchange or Community Involvement: (may use separate sheet of paper)

Signature of Club Officer*(District award information continued on Page 5)*

(District award information continued from Page 4)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

ROOKIE OF THE YEAR AWARD NOMINATION FORM

NOMINEE Name: _____

**Must have joined Exchange after July 1, 2023*

Club Name: _____

Date Nominee Joined Exchange: _____

List and describe nominee's involvement in your local Exchange club within the last two years**Membership:**

Number of new members sponsored: _____

Leadership:

Served on Board of Directors: _____

Served as a Committee Chair: _____

Chaired a Major Fundraiser: _____

Bulletin Editor: _____

Club Meeting: Invocation: _____ Led the Pledge _____ Greeter: _____ Room Set UP: _____

Other: (May include letter from individual(s) submitting nomination)List and describe nominee's involvement in the Lakes & Prairies District Exchange (2024-2025)**Leadership:**

Served on Board of Directors: _____

Served as Officer: _____

Chaired District Committee: _____

Served on District Committee: _____

Attended District Convention: _____

Other:

List and describe nominee's involvement in the National Exchange

Attended past National Conventions: _____

Describe any other Exchange or Community Involvement: (may use separate sheet of paper)

Signature of Club Officer

(District award information continued on Page 6)

(District award information continued from Page 5)**EXCHANGE**

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

**EXCHANGITE LIFETIME ACHIEVEMENT AWARD
NOMINATION FORM****NOMINEE Name:** _____**Must have been a member for 25 years. If there was a gap in membership, all years of membership should be included in the total.***Club Name:** _____**Date Nominee Joined Exchange:** _____ **or Total Years of Membership** _____**List and describe nominee's involvement in your local Exchange club over the 25 years****Membership:****Number of new members sponsored:** _____**Leadership:****Served on Board of Directors:** _____**Served as a Committee Chair:** _____**Chaired a Major Fundraiser:** _____**Bulletin Editor:** _____**Other: (May include letter from individual(s) submitting nomination)****List and describe nominee's involvement in the Lakes & Prairies District Exchange****Leadership:****Served on Board of Directors:** _____**Served as Officer:** _____**Chaired District Committee:** _____**Served on District Committee:** _____**Attended District Convention:** _____**Other:****List and describe nominee's involvement in the National Exchange****Attended past National Conventions:** _____**Describe any other Exchange or Community Involvement: (may use separate sheet of paper)**

Signature of Club Officer*(District award information continued on Page 7)*

(District award information continued from Page 6)



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LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

OUTSTANDING CLUB AWARD NOMINATION FORM

CLUB Name: _____

Date Club Chartered: _____

Number of Current Members: _____ Number of Members July 1, 2024 _____

List Only Activities for the 2024-2025 Year:

List and describe club's community service projects:

List and describe club's Americanism projects:

List and describe club's Youth projects:

List and describe club's Child Abuse Prevention projects:

List or describe other community-related activities or involvement: (projects, activities, fundraisers, awards programs, etc.)

What makes your club stand out from other clubs? Why are you the "OUTSTANDING" club?

Signature of Club Officer

(District award information continued on Page 8)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

OUTSTANDING CLUB BULLETIN/NEWSLETTER AWARD NOMINATION FORM

CLUB Name: _____

Bulletin Name: _____

Editor Name: _____

Number of Current Club Members: _____

The Bulletin/Newsletter is published: _____ Weekly _____ Monthly

Is the Bulletin/Newsletter: _____ Hard Copy or _____ Electronic or _____ Both

Does Bulletin Include:

Location / time & day of Meeting

List of Current Board Members

Contact Information

Correct Exchange Logo

List of Current Programs

Motto – Vision - Mission

Please submit five club Bulletins/Newsletter published between July 1, 2024, and March 15, 2025
(attach to this nomination form)

Add any additional comments or attach special editions.

Club Officer Name: _____ Title _____

Email Address: _____

I certify that the above site is the official site of the _____ Club.

Signature of Club Officer

(District awards information continued on Page 9)

(District award information continued from Page 8)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

OUTSTANDING CLUB FACEBOOK PAGE NOMINATION FORM

CLUB Name: _____

Facebook Name: _____

Administrator Name: _____

Number of Current Club Members: _____

Facebook page is Updated _____ Daily _____ Weekly _____
Monthly _____ or at time of Club Event _____

Please submit five samples of posts to Page with list of content July 1, 2024, and March 15, 2025, and attach to this nomination form.

Add any additional comments or attach special editions.

Club Officer Name: _____ Title _____

Email Address: _____

I certify that the above site is the official site of the _____ Club.

Signature of Club Officer

(District award information continued on Page 10)

(District award information continued from Page 9)

EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

ALL-AMERICAN VOLUNTEER OF THE YEAR NOMINATION FORM

The Exchange Club of _____ places in nomination
_____ for the All-American Volunteer of the Year.

Activity and points shown are for the time period of July 1, 2024, to April 15, 2025.

1. Served on how many Club-Level committees: Please list all that apply:

2. How many days during the year did nominee work for Exchange? _____

3. How many hours did the nominee work for Exchange? _____

4. In how many different projects did nominee participate? _____

5. Nominee attended at least 75% of Club meetings: YES NO circle one

6. Nominee attended at least 80% of club events: YES NO circle one

7. Nominee participated in 75% of Club Fundraisers: YES NO circle one

8. Please complete Narrative on Page 2. Feel free to list any additional community volunteerism on behalf of the Exchange Club.

Signature of Club Officer:

(District award information continued on Page 11)

(District award information continued from Page 10)

All-American Volunteer Narrative Page 2

Club Activities

Community Activities on behalf of the Club

Other Community Volunteer Efforts

District Activities

Has Attended District Conventions
Has served on District Committees
Has Attended a National Convention

(District award information continued on Page 12)

(District President continued from Page 1)
ha in 2026.

One last thing, I will be traveling to clubs in April. I will let you know more as time goes by.

Enjoy Exchange, share Exchange, and let's keep growing.

(Do you have an event you'd like Sharon to attend coming up? Email, text, or call her today so she can get it on her schedule.)

SAVE THE DATE
LAKES AND PRAIRIES DISTRICT
CONVENTION
MAY 16-18
CEDAR FALLS, IA



March 2025

February '25							April '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28		27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1 First Day of Women's History Month
2	3	4	5	6	7	8
9 Daylight Savings Time begins	10	11 Suggested Candidate for National Office Deadline	12	13	14	15
16	17 St. Patrick's Day	18	19	20	21	22
23	24	25	26	27 Exchange's Anniversary Founded in 1911	28	29
30	31	Notes				

(District award information continued from Page 11)

A.C.E. | AWARD APPLICATIONS MUST INCLUDE THIS INFORMATION TO BE INCLUDED IN JUDGING.

SPONSOR AND STUDENT NARRATIVES

Sponsor Narrative:

AS SUBMITTED BY THE SPONSOR

The sponsor is responsible for providing a narrative describing in their own words, the problem(s) that the student has faced and how they overcame them; including implications for the future. (500 words max)

Student Narrative A:

AS SUBMITTED BY THE STUDENT

Each student is responsible for providing a narrative describing in their own words, the event(s) in their life of which they are most proud. (250 words max)

Student Narrative B:

AS SUBMITTED BY THE STUDENT

Each student is responsible for providing a narrative describing in their own words, their future plans for making their community and the world a better place to live. (250 words max)

SCHOOL AND PARENT/GUARDIAN INFORMATION

School contact's information (name, email, phone):

Name of high school official that certified information on original application:

Contact information of high school official (email, phone):

Student's parent(s)/guardian(s) - (specify):

Primary parent/guardian name:

Primary parent/guardian email:

Primary parent/guardian phone:

ALSO INCLUDE EMAIL OF STUDENT

(District award information continued on Page 13)

YOUTH OF THE YEAR APPLICATION**Youth of the Year Theme**

“In a world that is constantly changing and ever-evolving, our youth play critical roles in shaping the future of their communities. From advocating to leading, young people are taking charge and making significant impact. How have you personally contributed to society and how do you envision your future in community service?”

FOR JUDGING PURPOSES ALL APPLICATIONS MUST BE ON THE NATIONAL EXCHANGE CLUB APPLICATION FORM.

ALL SECTIONS MUST BE COMPLETED AND THE FOLLOWING MUST BE INCLUDED.

Achievements Essay:

AS SUBMITTED BY THE STUDENT: Of the achievements listed above, the student selects the one they consider to be the most outstanding and describes why (maximum 200 words).

Award Topic Essay:

AS SUBMITTED BY THE STUDENT: Each student is responsible for preparing an essay on a topic selected by The National Exchange Club. The essay must be 800–1,200 words. Although grammatical correctness and proper use of accepted rules of composition will be considered, points will be awarded primarily on the basis of the overall impact of the essay. Therefore, logical and clear development, as well as the persuasiveness, are most important. The purpose of the essay is to provide the judges with deeper insight into the character and beliefs of the student, and the student’s ability to clearly communicate with the reader.

SCHOOL AND PARENT/GUARDIAN INFORMATION

School contact's information (name, email, phone):

Name of high school official that certified information on original application:

Contact information of high school official (email, phone):

Student's parent(s)/guardian(s) - (specify):

Primary parent/guardian name:

Primary parent/guardian email:

Primary parent/guardian phone:

ALSO INCLUDE EMAIL OF STUDENT|