



The Lakes & Prairies EXCHANGITE

lakesandprairiesdistrict.com

January 2025

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Event Calendar

- Feb 1 National Freedom Day.
- Feb 2 Exchange Club of Albert Lea chartered in 1980.
- Feb 5 Exchange Club of Cedar Falls chartered in 1977; National Convention Omaha Committee meeting at 5:30 p.m., through Zoom.
- Feb 9 Super Bowl LIX.
- Feb 17 Presidents' Day.
- Feb 18 Lakes & Prairies District Board meeting at 6:30 p.m., through Zoom.

Share your club's news!
Email Randy at
rsobrack@yahoo.com

What's new in Lakes & Prairies District Exchange?

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



WOW! On Tuesday, Jan. 28, the Lakes & Prairies District welcomed and chartered the new Exchange Club of Des Moines Area in Iowa (pictured below).

A sincere thank you goes out to Tim Klinkner, Katie Smith, and Audra Hiebert. These three have spent the last three years working tirelessly to get this club off the ground and run-

ning, and Tuesday night was the charter event. I am thrilled to welcome the 16 members of this club and I know great things are going to come with it.

And the District is not done. There are two possible sites for new clubs coming in Medford, Minnesota and Iowa City/Cedar Rapids. They may not be completed this year, but they are in the works.

The District Convention Committee is working behind the scenes to bring a district convention geared more for the worker bees of each club rather than training. The consensus last year after the convention was this is what is needed. I did send out a survey ear-

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

Cedar Falls: John Harrell; **Des Moines Area:** Molly Fairchild, Audra Hiebert, Emma Hiebert, Gary Hiebert, Tim Klinkner, Mike Knapp, Danyelle Myers, Maria Reeves, Frank Saitz, David Sash, Diana Sash, Chase Shirk, Joe Silva, Tom Tungland, Tony Tungland, Erin Whitten; **Waseca:** Robin Dulas, Jennifer Losen, Ann Staloch; **Waterloo:** Erica Christiansen; **Waverly:** Russell Pierpont, Jason Leonard.

Clubs in the Lakes & Prairies District who have earned their National Service Award for the 2024-25 Exchange year:

Albert Lea, Cedar Falls, Excel Club of Waverly-Shell Rock High School, Moonlighters, Owatonna, Waseca, Waterloo, Waterloo Sunrise, and Waverly (as a past Exchange Club of Steele County member would often say, "Tremendous!")

EXCHANGE MEMBERS 65+ WITH AN ELIGIBLE MEDICARE ADVANTAGE OR SUPPLEMENT PLAN RECEIVE:

- ✓ \$50 check from **Grouper**
- ✓ \$20 check every 3 months for staying active

REDEEM BENEFIT



PROUD TO BE INCLUDED IN:

One Pass Renew Active
UnitedHealthcare

Let Grouper Help Cover Your Exchange Activities!

Exchange activities are more than just a pastime — they're a vital way to connect with others who share your passion for improving communities. That's why the National Exchange Club is proud to partner with Grouper, making it easier for you to stay engaged in the activities you love while promoting health and well-being.

Grouper works with health plans to administer benefits that help cover the costs of group activities and these benefits include a \$50 annual payment. Whether you're organizing patriotic events, supporting youth programs, fundraising, or assisting veterans, *Grouper encourages you to stay connected and active.*

How Does Grouper Work?

- Members who are 65+ with an eligible Medicare Advantage or Medicare Supplement plan qualify—it takes seconds to check eligibility.
- Once confirmed eligible, members receive a \$50 annual payment and \$20 payments for every three months of reported activity.

Social connections are essential for well-being, especially as we age. Many health plans now recognize this and cover group activities, much like they cover gym memberships.

Questions?

Please contact Grouper's Member Support Team at **(833) 445-2400** or email **info@hellogrouper.com**.



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

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

Programs of Service Projects

AMERICANISM

Promoting pride in our country...
Freedom Shrine, One Nation Under God,
Proudly We Hail

COMMUNITY SERVICE

Helping others through volunteerism...
Book of Golden Deeds, Crime Prevention,
Fire Prevention

YOUTH PROGRAMS

Building tomorrow's leaders...
Youth of the Month (Year) and A.C.E. Month
(Year) Scholarships, EXCEL Clubs

NATIONAL PROJECT

Prevention of child abuse...
Exchange Club Child Abuse
Prevention Centers, Believe In
The Blue, Campaign for Kids

You can also get involved by:

Supporting the
NATIONAL EXCHANGE CLUB FOUNDATION
and
SPREADING THE SPIRIT OF EXCHANGE!

NationalExchangeClub.org
NationalExchangeClub.org/Foundation

Check out this week's Talk Exchange episode!



A Podcast of The National Exchange Club

MEMBERSHIP INCENTIVE

Lakes & Prairies District President Sharon Klein is offering a membership incentive to strengthen our current clubs. The club that signs the most new members between Nov. 1, 2024, and March 31, 2025, will receive two nights lodging at the Hilton Garden Inn for the district's convention, plus one paid registration. This money is not coming out of district funds, but out of Sharon's pocket. She believes strongly in revitalizing clubs, bringing in new ideas, and making each club stronger. Since the district has added a new club with 16 new members, they did receive this incentive. However, Sharon is giving a second gift to the existing club that meets this goal.

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



(District President continued from Page 1)

lier this month and I will be sending it out again in a couple of days, asking what you, the member want to see.

Were you aware The National Exchange Club Convention will be in Omaha in 2026? The Lakes & Prairies District is the home district. A national convention committee has been formed and will start meeting in February. Even though it is 18 months away, a great deal of planning goes into this. We also want to have a presence at The National Exchange Club Convention in Louisville this summer promoting Omaha.

District President-Elect Dennis Kehoe is busy rounding up officers for the 2025-26 district board of directors. So if he calls you, don't hang up on him. He is going to be a great district president and will bring fresh air to the district.

Are you working on local club officers? Elections must be held and reported to The National Exchange Club by April 30. Don't wait too long to get started.

How are you coming on reporting your projects on The National Exchange Club's website? I will be bugging you about this every month.

I just want to make one more plug—add those new members. My membership incentive is listed in this newsletter...check it out.

(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.)



Please be sure your club's information is always up-to-date on The National Exchange Club's website. A current list of officers, contact information, and correct meeting dates, times and locations ensures the club receives important materials from National headquarters and also populates accurate information for the public and prospective new Exchange Club members.



National Summary Report December 31, 2024

District	# of clubs	Active as of Jul 1,	Active as of Nov 30, 2024	Dec 2024 Adds	Dec 2024 Drops	Active as of Dec 31, 2024	MTD Change	YTD Change	YTD % Growth	YTD % Retention
Alabama District	21	585	564	1	7	558	-6	-27	-4.6%	81.9%
California-Nevada District	27	538	576	17	4	589	13	51	9.5%	94.2%
Connecticut District	33	824	755	6	9	752	-3	-72	-8.7%	81.9%
Dakota Territory District	6	254	261	1	0	262	1	8	3.1%	96.1%
Florida District	26	704	676	5	3	678	2	-26	-3.7%	85.5%
Four Corners District	19	306	301	4	2	303	2	-3	-1.0%	94.8%
Georgia District	32	1491	1537	9	15	1531	-6	40	2.7%	94.5%
Indiana District	18	444	445	28	4	469	24	25	5.6%	94.1%
Lakes and Prairies District	17	407	419	1	8	412	-7	5	1.2%	90.2%
Lincolnland District	24	509	458	3	2	459	1	-50	-9.8%	87.0%
Michigan District	22	488	467	3	6	464	-3	-24	-4.9%	92.4%
Mid-America District	10	241	248	5	0	253	5	12	5.0%	91.3%
Mid-Atlantic District	24	551	529	0	8	521	-8	-30	-5.4%	93.6%
Mississippi District	20	554	491	2	6	487	-4	-67	-12.1%	82.5%
New England District	13	475	446	7	7	446	0	-29	-6.1%	91.2%
North Carolina District	27	770	580	44	5	619	39	-151	-19.6%	60.3%
Northern California District	10	192	183	7	2	188	5	-4	-2.1%	82.3%
Northwest District	11	256	271	1	3	269	-2	13	5.1%	91.4%
Ohio-West Virginia District	25	545	528	3	2	529	1	-16	-2.9%	94.9%
Puerto Rico District	7	118	108	16	10	114	6	-4	-3.4%	67.8%
South Carolina District	19	986	974	1	17	958	-16	-28	-2.8%	93.6%
Tennessee District	26	665	651	4	11	644	-7	-21	-3.2%	92.2%
Texas District	25	833	849	6	2	853	4	20	2.4%	95.6%
Texas-Louisiana Gulf Coast District	21	715	1004	3	8	999	-5	284	39.7%	74.5%
Virginia District	16	330	349	7	13	343	-6	13	3.9%	82.4%
Yellowstone District	18	551	529	4	7	526	-3	-25	-4.5%	89.7%
Total	517	14332	14199	188	161	14226	27	-106	-0.7%	

February 2025

January '25							March '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 First day of Black History Month
2 Groundhog Day	3	4	5	6	7	8
9	10	11	12 Lincoln's Birthday	13	14 Valentine's Day	15
16	17 National Headquarters Closed Presidents' Day	18	19	20	21	22
23	24	25	26	27	28	1
2	3	Notes NATIONAL COMMUNITY SERVICE MONTH				