



The Lakes & Prairies EXCHANGITE

lakesandprairiesdistrict.com

December 2025

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

Albert Lea: Shannon Possehl
Mason City: Ricky Cronk

Event Calendar

- Dec 21 First day of winter.
- Dec 25 Christmas Day.
- Jan 1 New Year's Day.

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

Merry Christmas and cheers to 2026

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



I would like to wish everyone a very Merry Christmas and a Happy New Year!

I would also like to thank all Lakes & Prairies Exchangers for making this past year an excellent one. Not only did we build two new clubs, Medford and the Des Moines Area, but earned many awards including outstanding District, outstanding District President Sharon Klein, best Newsletter Editor Randy Sobrack, plus many club awards.

Let's build on that success by making 2026 another great year. We have two new clubs that we hope to charter this coming year, and with the excitement of America 250, we can grow our clubs and raise the awareness of Exchange within our communities. I believe the anniversary of our country will see a growth in volunteerism in the next several months.

Recently, I attended a meeting of the

Exchange Club of Waterloo and they have a challenge for every member to bring in a guest during the coming year. I love this idea as this is the year to spread the word of all the activities that we will be doing in 2026.

So my challenge is to all clubs and club presidents to have each member bring in at least one guest to a club meeting next year. We need to tell our guests all that we do for our communities and to find out what their passions are. Then make sure they feel welcomed and are needed to help us make our projects and communities even better.

To the club that brings in the most new members between Jan. 1 and March 31, 2026, the Lakes & Prairies District will award that club one complimentary registration to our District Convention in Owatonna this coming May.

So let's get off to a strong start and make 2026 a great year for Exchange. Happy Holidays!

(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.)

Check out this week's Talk Exchange episode!

Episode 75:

Paul Swenson and Bridget Hughes are with Colonial Flag, and they talk about the America 250 project happening in 2026. It's a fun episode that should inspire you even more not only with what they're doing, but also their passion for our country.



Providing Value for Your Membership

- National network
- Administrative support
- Public Relations/marketing tools
- Club expansion materials and ideas
- Assistance with club operations and member education
- Able to customize club projects and fundraising ideas
- Officially-licensed Exchange Club merchandise
- Umbrella insurance coverage
- Current and interactive website and Member Resources page
- Leadership development
- Established bylaws and policies
- National Exchange Club Foundation
- *Exchange Today* magazine
- National social media presence

Learn more about your membership's value at NationalExchangeClub.org



EXCHANGE
THE NATIONAL EXCHANGE CLUB

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

End of Year Giving



End of Year Giving – Happening Now Until December 31, 2025

Don't miss your chance to make a difference!
Your gift to The National Exchange Club supports programs that
protect children, empower youth, and honor our heroes.
Donations made by December 31 may be tax-deductible—
check with your advisor and give today!

🎁 Special Incentives:

- America 250 Flag & Flagpole Drawing: Every donation of \$150 or more made between December 3–31 will be entered into a drawing for an America 250 Flag and flagpole set.
- Top Club Challenge: The Club with the highest donation total during this timeframe will win their choice of a Club Banner or Road Sign.

✅ **Donate Now:**


<https://go.exchangefundraising.org>

The Lakes & Prairies District is seeking to start a new Exchange club in Cedar Rapids, Iowa. If you have friends or family that live there, who may be interested in joining Exchange, please email Volunteer Field Representative Mike Knapp at lairdknapp@gmail.com.



Wreaths Across America

The Exchange Club of Omaha participated in Wreaths Across America to honor deceased veterans and fallen soldiers as wreaths were placed Dec. 13 at Forest Lawn Cemetery (above left photo). Club members Tom Helligso (pictured left in above right photo) and Peter Daiker placed wreaths, Dec. 20, at Prospect Hill Cemetery, the oldest cemetery in Omaha.

 EXCHANGE THE NATIONAL EXCHANGE CLUB <i>America's Service Club</i>			National Summary Report November 30, 2025							
District	# of Clubs	Active as of Jul 1, 2025	Active as of Oct 31, 2025	Nov 2025 Adds	Nov 2025 Drops	Active as of Nov 30, 2025	MTD Change	YTD Change	YTD % Growth	YTD % Retention
Alabama District	19	583	633	2	2	633	0	50	8.6%	95.0%
California-Nevada District	25	538	576	4	2	578	2	40	7.4%	96.7%
Connecticut District	32	759	735	56	16	775	40	16	2.1%	90.5%
Dakota Territory District	6	265	248	1	0	249	1	-16	-6.0%	93.2%
Florida District	24	628	603	28	28	603	0	-25	-4.0%	82.2%
Four Corners District	19	299	292	2	0	294	2	-5	-1.7%	87.6%
Georgia District	33	1516	1542	30	4	1568	26	52	3.4%	96.2%
Indiana District	18	467	455	5	3	457	2	-10	-2.1%	92.7%
Lakes and Prairies District	19	430	435	2	2	435	0	5	1.2%	92.8%
Lincolnland District	23	450	427	0	1	426	-1	-24	-5.3%	94.0%
Michigan District	21	476	466	2	2	466	0	-10	-2.1%	94.3%
Mid-America District	8	268	255	0	1	254	-1	-14	-5.2%	85.4%
Mid-Atlantic District	23	510	512	3	6	509	-3	-1	-0.2%	97.6%
Mississippi District	19	471	459	1	5	455	-4	-16	-3.4%	83.4%
New England District	13	431	432	3	4	431	-1	0	0.0%	94.2%
North Carolina District	28	631	568	40	4	604	36	-27	-4.3%	74.8%
Northern California District	10	187	177	0	1	176	-1	-11	-5.9%	86.1%
Northwest District	11	265	253	18	0	271	18	6	2.3%	94.3%
Ohio-West Virginia District	25	517	508	5	0	513	5	-4	-0.8%	94.2%
Puerto Rico District	7	111	100	9	9	100	0	-11	-9.9%	75.7%
South Carolina District	20	1030	991	12	4	999	8	-31	-3.0%	89.3%
Tennessee District	26	644	675	3	13	665	-10	21	3.3%	93.8%
Texas District	21	798	766	9	10	765	-1	-33	-4.1%	87.5%
Texas-Louisiana Gulf Coast District	20	985	902	6	25	883	-19	-102	-10.4%	68.8%
Virginia District	15	326	309	4	2	311	2	-15	-4.6%	86.2%
Yellowstone District	16	503	483	31	15	499	16	-4	-0.8%	88.9%
Total	501	14088	13802	276	159	13919	117	-169	-1.2%	