



# The Lakes & Prairies EXCHANGITE

[lakesandprairiesdistrict.com](http://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  
[rsobrak@yahoo.com](mailto:rsobrak@yahoo.com)

## Merry Christmas and cheers to 2026

By Dennis Kehoe,  
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 Exchangites 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 Sobrak, 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:

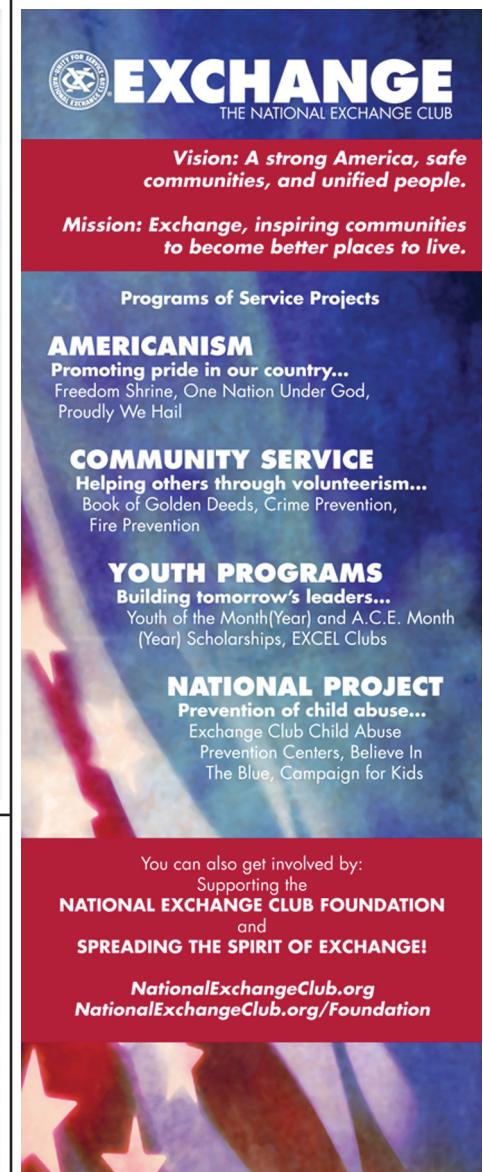
Paul Swenson and Bridget Hughes are with Colonial Flag, and they talk about the America 250 project happening in 2026. It's a fun episode that should inspire you even more not only with what they're doing, but also their passion for our country.



## 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](http://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](http://NationalExchangeClub.org)  
[NationalExchangeClub.org/Foundation](http://NationalExchangeClub.org/Foundation)



### 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](mailto: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.

|  <b>EXCHANGE</b><br><small>THE NATIONAL EXCHANGE CLUB</small><br><small>America's Service Club</small> |            |                          | National Summary Report November 30, 2025 |                |                |                           |            |            |              |                 |  |
|---|------------|--------------------------|---|----------------|----------------|---------------------------|------------|------------|--------------|-----------------|--|
| District  | # of Clubs | Active as of Jul 1, 2025 | Active as of Oct 31, 2025                 | Nov 2025 Addns | 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%           |  |
| Lincolndland 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%        |                 |  |