



# The Lakes & Prairies

## EXCHANGITE

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

March 2025

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### Event Calendar

- 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.
- Apr 1 National Prevention of Child Abuse Month begins.
- Apr 15 **Deadline to submit Lakes & Prairies District Exchange award nominations.**
- Apr 24 Sunrise Exchange Club of Waterloo chartered in 1970.
- Apr 28 Exchange Club of Waterloo chartered in 1948.

## OFFICIAL CALL TO CONVENTION

The Lakes & Prairies District Board



Invite You to the Annual



Lakes & Prairies District Exchange Club Convention

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



Lakes & Prairies District Exchange Clubs

### National President Reichek to be The National Exchange Club representative at district convention

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



Welcome to the newsletter with all the news about the upcoming

district convention where you will be educated, energized and engaged.

This convention is for you. We have built this convention around you, the member. Not the division director, not the club president, but around you, the worker-bee that is always working behind the scenes making sure  
*(District President continued on Page 5)*



# EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS



## Lakes and Prairies 2025 District Convention

### TENTATIVE SCHEDULE

#### Friday, May 16

- 11:00-5:00 Registration Open
- 1:00-2:15 District Board Meeting
- 2:30-4:30 Navigating the Website – all members
- 5:00 Dinner on your own
- 7:00-9:00 Hospitality Open

#### Saturday, May 17

- 7:00 – 5:00 Registration Open
- 8:00-9:00 AM One Nation Under God Breakfast
  - Color Guard
  - Parade of Clubs
  - Breakfast
  - “One Nation Under God – Discovering our Roots – Dawn Partner
- 9:30-10:00 AM Convention Opening Session
- 10:00-10:15 AM Break
- 10:15-11:45 AM Breakout Session I Roundtable
- 12:00-2:00 PM Youth Awards Luncheon
  - Speaker – Bailey Kestel
  - Youth of the Year
  - Ace of the Year
- 2:00-2:15 PM Break
- 2:30-3:15 PM Convention Session II
  - Election of District Officers
  - Report on Omaha 2026 Convention Committee
- 3:30-4:45 PM Breakout Session II Roundtable
- 4:45-5:30 PM Free Time
- 5:30-6:00 PM Past District President Social
- 6:00-6:30 PM Open Social
- 6:30-8:30 PM Convention Dinner
  - Recognize past District Presidents
  - National Rep Speaker
  - Rookie of the Year
  - Exchangite of the Year
  - Exchangite Hall of Fame
  - Outstanding Club of the Year
  - Installation of officers
  - Memorial Service
- 8:30-10:00 PM Hospitality Room

#### Sunday, May 18

- Breakfast on your own
- 9:00-10:00 AM District Board Wrap Up Session



LAKES AND PRAIRIES 2025 DISTRICT EXCHANGE CONVENTION

MAY 16 - 18, 2025

REGISTRATION FORM

ATTENDING	FULL PACKAGE EVENTS	PRICE	TOTAL
	Full Convention Package EARLY BIRD Registration: May 1st Deadline	\$115	
	Full Convention Package Registration: After May 1st	\$125	
	Full Convention Package FIRST TIME ATTENDEE	\$100	
	Full Convention Youth Meal Package (age 10 and under): Kid friendly meal	\$40	
	Individual Event: Saturday One Nation Under God Breakfast	\$30	
	Individual Event: Saturday Youth Awards Luncheon	\$30	
	Individual Event: Saturday Installation/Awards Banquet	\$65	

DIETARY RESTRICTIONS:

MEMBER NAME	
CLUB NAME	
CURRENT OFFICE	
CONTACT PHONE NUMBER	
ADDRESS (City, State, Zip Code)	
EMAIL ADDRESS	

Sign up ONLINE <https://givebutter.com/LP2025> or mail to Diana Sash, 5410 11th Ave, Dysart, IA 52224 or email [ddsash@fctc.coop](mailto:ddsash@fctc.coop)

Make Checks Payable to LAKES AND PRAIRIES DISTRICT EXCHANGE

HOTEL ACCOMODATIONS:

Hilton Garden Inn, 7213 Nordic Drive, Cedar Falls, IA 50613

Discounted Rate Standard Room \$119/night plus tax, reserve by MAY 2ND

PHONE: 319-266-6611 ask for Exchange Block Rate





**Celebrate 114 Years of Service with The National Exchange Club!**

Join The National Exchange Club in honoring 114 years of community impact and service! To celebrate this milestone, members are encouraged to **donate \$114 in recognition** of this special anniversary.

All individuals, clubs, or districts who contribute \$114 will be entered into a drawing for a chance to win one Premium Experience National Convention Package for the upcoming Convention in **Louisville, KY, July 9-12.**

Your support continues the legacy of Exchange and helps us build better communities for years to come.

***Celebrate the past, impact the future—donate today!***

**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)



***This season, The National Exchange Club is launching an exciting new way for you to support our National Project, the prevention of child abuse.***

Designed by Past National President Rob Davidson, this campaign asks for just \$19 a month to become an Exchange Club Child Advocate and, in return, join a growing community dedicated to creating safe, nurturing environments for all children. Your recurring donation directly fuels prevention, education, and intervention efforts, helping protect kids and support families in need across the country.

**This \$19 campaign is not only a way to make a tangible impact, but also a crucial effort to raise public awareness of The National Exchange Club and its mission. By engaging both members and the general public, the initiative aims to amplify Exchange's name and message far beyond its current reach, inviting more individuals to join in this vital cause.**

# The National Exchange Club

## 2025 Dues Increase



*Delegates at the 2025 National Convention will be asked to approve a minimal 10% dues increase, proposed by the National Board of Directors, as follows:*

**Active, Active honorary, At large, Active family, Business, and Collegiate Members:**  
\$19.50 to \$21.50

**Excel:** \$12.00 to \$13.50

**Honorary:** \$8.00 to \$9.00

**Additional family member:** \$10.00 to \$11.00

Since the 50 cent dues increase approved in 2019, The National Exchange Club has cut costs and reduced staffing. Rising costs now necessitate a dues increase.

As a member focused non-profit, costs have dramatically increased as they have for everyone, both at home and in business. We have all seen costs rise at the grocery store, with memberships and activities, and other areas of life.

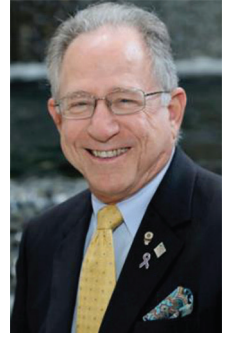
***We appreciate the careful consideration of members to approve this necessary increase.***

*“A small dues increase isn't just about meeting today's needs; It's about preparing for the future. With additional funds, we can we amplify our impact and extend our reach! We'll continue to enhance our programs and ensure the longevity and effectiveness of The National Exchange Club.” -National President, Mike Reichek*

*(District President continued from Page 1)*

things in your club go smoothly.

The National Exchange Club President Mike Reichek (pictured right) will be our National representative for our Lakes & Prairies District Convention in Cedar Falls.



His bio includes joining Exchange in 1997. He responded to an ad in a local paper about a new club that had recently formed, attended the meeting, and the rest is history.

Mike currently is a member of the Exchange Club of Fort Bend, Texas. He is also a volunteer field representative for the Texas-Louisiana Gulf Coast District Exchange.

Reichek is a full-time employee benefits broker serving small- to medium-sized businesses in their employee benefits programs, as well as serving as treasurer for two home owners associations.

Mike has been married for more than 40 years to his wife and they share one daughter together. He loves water sports, traveling, gardening, and fixing things.

I believe Mike has been an extremely involved leader of The National Exchange Club, his board, and mostly his district presidents. I join my fellow district presidents in truly loving work along side him, making our clubs stronger, adding more clubs, and finding new ways to create memories in Exchange. He is liked and respected by all.

**M**ike will be involved with all parts of our district convention, from board meetings to socials, breakout sessions, to getting to know people in the Midwest, and finally Mike will be giving the evening banquet address.

*(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.)*



THE DES MOINES EXCHANGE CLUB PRESENTS

# SOUP SUPPER



DES MOINES AREA, IA



**SATURDAY MARCH 29, 2025**

**4029 URBANDALE AVE, DES MOINES, IOWA 50310**

OPEN TO ALL VETERANS  
5 - 7 PM

SOUP, DESSERTS, AND CONVERSATION

**LET US GIVE BACK TO YOU**

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

**The Lakes & Prairies District wishes to recognize the newest member who joined their respective Exchange club so far in March 2025:**  
**Cedar Falls: Theresa Kay**



National Summary Report February 28, 2025

District	# of clubs	Active as of Jul 1, 2024	Active as of Jan 31, 2025	Feb 2025 Adds	Feb 2025 Drops	Active as of Feb 28, 2025	MTD Change	YTD Change	YTD % Growth	YTD % Retention
Alabama District	21	585	557	2	2	557	0	-28	-4.8%	80.5%
California-Nevada District	26	538	576	2	6	572	-4	34	6.3%	90.1%
Connecticut District	33	824	751	10	6	755	4	-69	-8.4%	80.7%
Dakota Territory District	6	254	261	4	3	262	1	8	3.1%	93.7%
Florida District	26	704	674	2	11	665	-9	-39	-5.5%	82.4%
Four Corners District	19	306	297	5	0	302	5	-4	-1.3%	91.5%
Georgia District	32	1491	1529	10	10	1529	0	38	2.5%	92.2%
Indiana District	18	444	470	9	4	475	5	31	7.0%	91.4%
Lakes and Prairies District	18	407	428	6	5	429	1	22	5.4%	87.2%
Lincolnland District	24	509	455	1	6	450	-5	-59	-11.6%	84.7%
Michigan District	22	488	463	7	2	468	5	-20	-4.1%	90.4%
Mid-America District	9	241	253	10	2	261	8	20	8.3%	85.9%
Mid-Atlantic District	24	551	520	5	4	521	1	-30	-5.4%	92.0%
Mississippi District	20	554	483	6	14	475	-8	-79	-14.3%	78.7%
New England District	13	475	442	0	2	440	-2	-35	-7.4%	89.7%
North Carolina District	27	770	621	4	4	621	0	-149	-19.4%	59.4%
Northern California District	10	192	186	0	1	185	-1	-7	-3.6%	79.7%
Northwest District	10	256	260	2	0	262	2	6	2.3%	87.9%
Ohio-West Virginia District	25	545	525	2	6	521	-4	-24	-4.4%	92.3%
Puerto Rico District	7	118	116	0	0	116	0	-2	-1.7%	67.8%
South Carolina District	18	986	940	15	13	942	2	-44	-4.5%	89.8%
Tennessee District	26	665	633	2	4	631	-2	-34	-5.1%	89.3%
Texas District	25	833	849	24	29	844	-5	11	1.3%	91.4%
Texas-Louisiana Gulf Coast District	21	715	993	5	7	991	-2	276	38.6%	72.4%
Virginia District	16	330	342	3	0	345	3	15	4.5%	80.6%
Yellowstone District	16	551	506	1	5	502	-4	-49	-8.9%	84.2%
<b>Total</b>	<b>512</b>	<b>14332</b>	<b>14130</b>	<b>137</b>	<b>146</b>	<b>14121</b>	<b>-9</b>	<b>-211</b>	<b>-1.5%</b>	

# April 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 National Child Abuse Prevention Month begins	2	3	4	5
6	7 Observe Blue Mondays	8	9	10 Dues Payment to National Headquarters	11	12
13	14 Observe Blue Mondays	15 Tax Day	16	17	18 National Headquarters Closed Good Friday	19
20 Easter Sunday	21 Easter Monday Observe Blue Mondays	22 Earth Day	23	24	25 Arbor Day	26
27	28	29	30	1	2	3
National Volunteer Week						
Club Officers Enter Elected Officers for the upcoming year on the Member Website						
4	5	Notes NATIONAL PREVENTION OF CHILD ABUSE MONTH				