



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

November 2024

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Event Calendar

- Nov 28 Thanksgiving.
- Dec 3 The National Exchange Club's Giving Tuesday.
- Dec 7 National Pearl Harbor Remembrance Day.
- Dec 10 District Directors Zoom meeting.
- Dec 16 District Board Zoom meeting.
- Dec 23 thru Jan 3 The National Exchange Club headquarters closed for the holiday break.
- Dec 25 Christmas.

Happy holidays sprinkled with Exchange

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



First of all, I want to wish each and every one of you a blessed Thanksgiving, and a very Merry Christmas.

It is a time to be with friends and family, enjoying each other's company and spending it with the people

you love. Someone said, "It's not the presents that are important, but your presence."

Last week I was part of a Zoom meeting with all the district presidents and president-elects. The focus was on communication, via Facebook, Tik Tok, or whatever promoting projects, gatherings, or sponsorships.

The steps that were included (and I may not have them all) is to 1) Define your event. Is it a fundraising event or a membership recruitment event, or a

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Exchange Club of Rochester recognizes Book of Golden Deeds recipient and Exchangite of the Year

The Exchange Club of Rochester, Nov. 6, recognized their Book of Golden Deeds recipient and the club's first-ever Exchange Member of the Year.

The banquet was the club's 68th celebration of their Book of Golden Deeds. Club President Jim Oeltjenbruns shared comments regarding this year's recipient, Kathleen Harrington:

"As I look around the room I see many past Book of Golden Deed Award winners and also fellow Exchange Members who have given countless hours doing "golden deeds". They have not only contributed their time, but also their talents, their knowledge, and their passions.

"This year the award winner is no

(Golden Deeds continued on Page 2)



Exchange Club of Rochester President Jim Oeltjenbruns (pictured left) presents their Book of Golden Deeds Award to Kathleen Harrington, Nov. 6, at the Empire Event Center. A paver stone with her name on it will be installed at the club's Freedom Shrine.

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

Jen Williamson, Waseca; Seth Stearns, Waterloo; and Katherine Traetow, Waverly

(Golden Deeds continued from Page 1)

different. Since moving to Rochester in 2011 this person has been an active member in our community. One of the nominators states ‘I have witnessed this person, with great dedication, better our community. In many ways this person does not seek recognition, they just go about their business, in collaborative fashion, to make whatever company, event, project or task, be the very best it can be.’

“This endorsement fits our Book of Golden Deeds purpose to a T,” stated Jim.

He added, “This year’s winner grew up in New York City, obtained a BS in Biology and Masters in Psychology. After school she moved to Washington D.C. where she served under 3 presidents as assistant secretary in the Department of Labor and Health and Human Services. She resided there for 35 years.

“Mayo Clinic brought her to Rochester in 2011 and she left there in 2017. In that same year she was named President of the Rochester Area Chamber of Commerce and served in that position until retiring in 2021.

“In 2023 she stepped up to become the Interim Executive Director of the Rochester Downtown Alliance a position she held until just recently when a new, permanent, Executive Director was hired, so I guess you could say she’s retired, again! And based on her history, probably looking for her next challenge.”

Among her service to other organizations included The Salvation Army, The Landing, The Jeremiah Program,



Exchange Club of Rochester President Jim Oeltjenbruns and Immediate Past President David Gibson (pictured left) presented the club’s first-ever Exchange Member of the Year Award to Bev Simpson (middle) at the conclusion of their Book of Golden Deeds Celebration. Bev has been a member of the club since 1996.

Rochester Civic Theater, and 2023 Rochesterfest Chairperson.

“I am so honored to be here,” said Kathleen. “I’m stunned by this recognition.” Kathleen admitted she was lead to believe she was preparing a speech for another recipient as the club didn’t want to reveal why she was being invited, which drew laughter from those in attendance.

The club also announced their first-ever Exchange Member of the Year. It was presented to Bev Simpson, who has been a member of the club since 1996, and praised for her years of service and camaraderie with her fellow Exchange club members.



Waverly One Nation Under God

The Exchange Club of Waverly conducted their One Nation Under God program, Nov. 7, with Wartburg College Associate Professor of Education Rick Snyder as the keynote speaker.



Peace Officer of the Year

Bremer County Sheriff’s Office Detective Jason Ellison (pictured left) was recognized Nov. 14 by the Exchange Club of Waverly as their Peace Officer of the Year. He was nominated and selected by his peers in the County Peace Officers Association.

Check out this week's Talk Exchange episode!

Each episode contains unique conversations and information on many topics, such as member engagement, Unity for Service, networking, and more. Visit the link below to listen to the newest episode and look out for new releases every Wednesday!

Talk Exchange

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



Mayor's Prayer Breakfast

Owatonna Mayor Tom Kuntz (pictured above left) welcomes attendees to the Mayor's Prayer Breakfast, Nov. 21, as part of the Exchange Club of Owatonna's One Nation Under God program. Kuntz is retiring after a 21-year stint as mayor. Division 4 Director and Club Member Sandra McConn Halla (pictured above right) lead the prayer. The keynote speaker was Minnesota Senator John Jasinski of Faribault (adjacent left). (Courtesy: Annie Harman, Owatonna People's Press)



SAVE THE DATE

Giving Tuesday is December 3, 2024.

We are excited to share that there will be a district competition this year that will allow you to donate to Exchange in the name of your district, with the winning district receiving personalized artwork, a feature in the *Exchange Today* magazine, a social media post, and a feature in the Member FYI. Be sure to follow us on Facebook and

Instagram, as the district competition will be open until Giving Tuesday on December 3, 2024. Other traditional donation methods through Facebook and the Exchange Donate page will be available as well, but are not included in the district competition.

(District President continued from Page 1)

benefit; 2) Craft your message. How does it go with the Exchange mission, who should see this and why; 3) Share the impact you have made in the community. Have a testimonial why has it touched someone's heart; 4) Use multiple channels: news releases, consistent email, Facebook, flyers, personal invitations; 5) Engage your members to share club posts, talking points, and flyers; 6) Collaborating recognizing sponsors; 7) Visual storytelling, fun pictures, highlight reel; 8) Track if you are getting a good response or a poor response; 9) Thank everyone involved; 10) Evaluate and improve. I felt it was a great Zoom meeting, and I have gained some new ideas from it.

I have been looking through some club's information and a number of clubs are not recording their events with The National Exchange Club. This is something that is not hard to do if it is done soon after a project or event is completed. However, if you wait until the end of the year, it becomes difficult to remember the facts.

I want you all to know the Des Moines club building is on track. We are looking at the first new club in our district in a number of years and it is an exciting time. There are other club building possibilities around the district, and we are looking at a bright future for our district.

Have you put May 16-18, 2025, on your calendar? Those are the dates of the Lakes & Prairies District Convention in Cedar Falls.

I know this is going to come as a shock question, but have you thought ahead to elections and possible local and district positions? The last five months have flown by and the next thing we know it will be spring.

Again, happy holidays and may you all be blessed during this holiday season.

(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.)



National Summary Report October 31, 2024

District	# of clubs	Active as of Jul 1, 2024	Active as of Sep 30, 2024	Oct 2024 Adds	Oct 2024 Drops	Active as of Oct 31, 2024	MTD Change	YTD Change	YTD % Growth	YTD % Retention
Alabama District	22	585	587	1	24	564	-23	-21	-3.60%	83.40%
California-Nevada District	26	538	544	11	9	546	2	8	1.50%	95.70%
Connecticut District	33	824	764	44	42	766	2	-58	-7.00%	85.00%
Dakota Territory District	6	254	263	1	3	261	-2	7	2.80%	96.90%
Florida District	26	704	675	31	45	661	-14	-43	-6.10%	86.90%
Four Corners District	19	306	299	4	3	300	1	-6	-2.00%	95.40%
Georgia District	32	1491	1511	50	13	1548	37	57	3.80%	97.70%
Indiana District	17	444	444	9	4	449	5	5	1.10%	96.20%
Lakes and Prairies District	17	407	419	1	2	418	-1	11	2.70%	92.60%
Lincolnland District	24	509	467	1	6	462	-5	-47	-9.20%	88.60%
Michigan District	22	488	467	3	3	467	0	-21	-4.30%	94.10%
Mid-America District	10	241	238	17	13	242	4	1	0.40%	91.30%
Mid-Atlantic District	24	551	534	1	5	530	-4	-21	-3.80%	95.60%
Mississippi District	21	554	538	10	26	522	-16	-32	-5.80%	89.70%
New England District	13	475	448	1	0	449	1	-26	-5.50%	93.70%
North Carolina District	25	770	506	94	15	585	79	-185	-24.00%	61.90%
Northern California District	10	192	189	2	20	171	-18	-21	-10.90%	84.40%
Northwest District	11	256	274	1	3	272	-2	16	6.30%	94.10%
Ohio-West Virginia District	25	545	540	3	8	535	-5	-10	-1.80%	96.70%
Puerto Rico District	7	118	94	18	4	108	14	-10	-8.50%	76.30%
South Carolina District	19	986	978	6	7	977	-1	-9	-0.90%	96.00%
Tennessee District	27	665	652	10	1	661	9	-4	-0.60%	95.80%
Texas District	25	833	826	25	2	849	23	16	1.90%	96.00%
Texas-Louisiana Gulf Coast District	21	715	991	124	122	993	2	278	38.90%	75.90%
Virginia District	16	330	339	15	7	347	8	17	5.20%	88.20%
Yellowstone District	18	551	536	14	18	532	-4	-19	-3.40%	92.00%
Total	516	14332	14123	497	405	14215	92	-117	-0.82%	

December 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
National Headquarters Closed - Christmas Break						
			Christmas Day Hanukkah begins	Kwanzaa begins		
29	30	31	1	2	3	4
National Headquarters Closed - Christmas/New Year's Break						
		New Year's Eve				