



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

April 2025

Table of contents

- Pg 2 Lakes & Prairies tentative district convention schedule.
- Pg 3 Lakes & Prairies District Convention registration form.
- Pg 4 National Service Award update; Waverly Book of Golden Deeds; Waseca's Believe In The Blue.
- Pg 5 What National does for local clubs; Cedar Falls digital display.
- Pg 6 April Exchange reminders; Little Falls supports needs of children; Clubs utilizing pinwheels, Care Bear bags, and blue ribbon.
- Pg 7 National Exchange Summary Report for March.
- Pg 8 District officers and directors contact information.

Event Calendar

- May 5 A.M. Exchange Club of Mankato chartered in 1979.
- May 11 Mother's Day.
- May 15 Moonlighters conducting their Owatonna Police Officer Recognition Banquet at VFW. Social at 5:30 p.m., meal at 6, program at 6:30.
- May 16-18 Lakes & Prairies District Convention, Cedar Falls
- May 17 Exchange Club of Waverly conducting their Tee-Off Against Child Abuse Golf Tournament, 8:30 a.m., Waverly Municipal Golf Course.
- May 26 Memorial Day.

Will I see you at the district convention?

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



There are so many things I want to write about, but the timeliest is the Lakes & Prairies District Convention coming up in Cedar Falls May 16-18.

The convention will start Friday afternoon, May 16, with a district board meeting, followed by a session open to all attendees on navigating The National Exchange Club website. There are many members that have never been on the website, never realized all the information that is available to them, and this training, put on by our Region 3 Vice President Annette Duncan, will show you how to get on,

how to navigate, what is available, and I think everyone that has never been on the website will be surprised.

Saturday morning, May 17, will start with our One Nation Under God program, club banner parade, Presentation of the Colors, greeting by the Mayor of Cedar Falls, an awesome buffet breakfast, and our speaker will be past Region 3 Vice President Dawn Portner from the Lincolnland District, who has been with us for many conventions with her speech entitled, "Discovering our Roots."

Following the One Nation Under God breakfast program, the first item of business will be the Opening Session.

Our breakout sessions this year will be about you. What is your best fundraiser and why? What projects are most successful with the Prevention of Child Abuse and why? What programs do you do for youth? Do you feel they accomplish what you want? And many more topics. So this will be pretty much done by you—the participants.

Saturday's youth luncheon is honoring our students. How better than to have our speaker be a student. Bailey

(District President continued on Page 5)

District Convention registration is published on Page 3 or available on the district's website listed above. The Early Bird deadline is Thursday, May 1

The Lakes & Prairies District wishes to recognize the newest members who joined their respective Exchange club in mid-March and April:

Albert Lea: Jena Niemeier, 3/12; **Mason City:** Joshua West, 3/26; **Omaha:** Frances Shelton, 3/17; Lindsay Cosimano, 4/23; **Owatonna:** Tri-M Graphics (Brenda Jensen), 4/4; **Rochester:** Robert Yanish, 4/2; **Waseca:** Lindsey Eaton, 3/19; Deb Bently, 3/31; Vincent Dardis, 3/31; Tarin Kuball, 4/15; **Waterloo:** Brooklyn Sands, 4/13; **Waterloo Sunrise:** Dominic Kemp, 4/1.



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

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

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

Albert Lea, Cedar Falls, Des Moines Area, Excel Club of Waverly-Shell Rock High School, Mason City, Moonlighters, Owatonna, Steele County, Waseca, Waterloo, Waterloo Sunrise, and Waverly.



Waverly Book of Golden Deeds

The Exchange Club of Waverly in April presented Bob and Jean Buckingham their 2025 Book of Golden Deeds award. The award recognizes community members who have demonstrated excellence in their volunteer efforts in the community. The couple are active volunteers with their church and local organizations. Jean has served on several boards including the Waverly-Shell Rock Booster Club, Waverly Area United Way, Waverly Child Care and Preschool, and Wartburg College Alumni

board. Bob has served on the Waverly Community Foundation board, is the outgoing Waverly Chamber board chair, and the current Waverly Utilities board chair.



Believe In The Blue

The Exchange Club of Waseca participated, March 28, in Waseca's Early Childhood Fair with Believe In The Blue. Time Out Teddy was there to bring awareness to the Prevention of Child Abuse. While at the Fair, Exchangites handed out 145 flags for the GiveAKidAFlagToWave program. Participants included above left (L-R): Treasurer Jeanne Sexton, Brad Donner, Jen Williamson, Time Out Teddy (Ann Staloch), Jake Lieser, President Mikhail Rostislavovich, and Robin Dulas.



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



What our National home office does for us

By Dennis Kehoe,
2024-25 Lakes &
Prairies District
President-Elect



First, I would like to introduce myself. My name is Dennis Kehoe. I am a member of the Exchange Club of Cedar Falls. You may remember that I was district president once before. My term was during the COVID year. That year was certainly full of challenges. I know this coming year will be much better.

I would like to answer a question that I am occasionally asked, "What does National do for us?" For starters, The National Exchange Club home office supports the members, clubs and districts in many ways.

The staff is available for any questions or needs any of us might have. If you have a concern about the operation of your club, please reach out to them. The home office has many promotional materials that can assist you with branding, marketing tools and ways to increase your club's membership and visibility in the community.

The National Exchange Club website has a wealth of information for all

members and I encourage you to become familiar with it. There you will find tools such as the Club Leadership Guide, bylaws, policies of Exchange and membership growth strategies. Please become familiar with the "Resources" page, you will find many forms, materials and even event planning guides to make your life easier.

One of the most important parts of the National website is the education portal. Many courses are available for every officer, committee chair, and district leader. I ask that club presidents please, have your president-elect, treasurer, secretary, and board members take the courses that are available. All members will benefit from the courses for retaining members and recruiting new ones. To learn more, plan to attend the Navigating the National Website seminar Friday afternoon, May 16, at the district convention.

Please take advantage of what National has available to us. It will definitely help your club to become a better one than it is now.

I look forward to meeting you in the coming year, but first I hope to see you at our district convention in May at the Hilton Garden Inn in Cedar Falls, Iowa.

(District President continued from Page 1)

Kestel is a senior at West High School in Waterloo. Bailey is a young entrepreneur who has started her own coffee shop. Following Bailey's speech, our district's Youth of the Year and A.C.E. (Accepting the Challenge of Excellence) will be recognized and honored.

A few district awards will also be presented during the luncheon. Immediately following the luncheon, we will begin our Convention Session 2, which will include the secretary and treasurer reports, election of district directors and officers, and other official business. This will be followed by a second breakout session.

Saturday evening will begin with a social time for past presidents of Minnesota, Iowa, and Lakes & Prairies at 5:30. Social time for everyone will begin at 6 followed by our banquet. National President Mike Reichel will be our featured speaker, all during the evening, installation of officers will be held, and awards presented. A memorial program will be part of the evening as we lost several people during this past year.

Now, after all this I don't think you want to miss this great convention. A hospitality suite will also be available for your enjoyment both Friday and Saturday evening. **Come get Educated, Energized, and Engaged.**

(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.)

Promoting Prevention of Child Abuse

The Exchange Club of Cedar Falls promoted Exchange's national project during the month of April with a digital billboard display (see below) near Waterloo.



April Reminders

1. Immediately following club officer elections, please sign into The National Exchange Club website and update your new local officers.
2. Register for the district convention.
3. Have you entered all your projects into the National website? Please do so as soon as possible.
4. Enjoy Spring:)



For the needs of children

The Exchange Club of Little Falls shared, March 24, on behalf of the Pay It Forward Foundation and I.C.E. Fest, \$31,000 was donated to Flyer Pride Pack and Kare Klostet. The funds go toward feeding, clothing, and basic needs of children.



Care Bear bag presentations

Exchange Club of Steele County Immediate Past President Randy Sobrack presented two dozen Care Bear bags, April 16, each to the Steele County Sheriff's Office and to Crisis Resource Center of Steele County Abused Children Program Coordinator Haley Magill (above right). The bags were prepared by the Exchange Club of Steele County for Prevention of Child Abuse Month in April. The bags included a teddy bear, coloring book, crayons, stickers, and other items for youth displaced from their home due to a traumatic situation.



Blue Ribbon Campaign

Exchange Club of Owatonna President Steve Carroll joined fellow Club members and volunteers in tying one of 86 blue ribbons in Central Park, Morehouse Park and State Avenue for National Child Abuse Prevention Month in April, which started in 1983. The Blue Ribbon Campaign started in Virginia in 1989 and has developed into an annual tradition not only in Owatonna, but other communities around the nation. The National Exchange Club designated the Prevention of Child Abuse as their national project in 1979. (Photo credit: Josh LaFollette, Owatonna People's Press)

Prevention of Child Abuse Month

The Exchange Club of Mason City promoted the Prevention of Child Abuse Month in April with a display of pinwheels.





National Summary Report March 31, 2025

District	# of clubs	Active as of Jul 1, 2024	Active as of Feb 28, 2025	Mar 2025 Adds	Mar 2025 Drops	Active as of Mar 31, 2025	MTD Change	YTD Change	YTD % Growth	YTD % Retention
Alabama District	21	585	557	10	1	566	9	-19	-3.2%	80.3%
California-Nevada District	26	538	572	17	10	579	7	41	7.6%	88.3%
Connecticut District	33	824	755	2	2	755	0	-69	-8.4%	80.5%
Dakota Territory District	6	254	262	2	4	260	-2	6	2.4%	92.1%
Florida District	26	704	665	4	5	664	-1	-40	-5.7%	81.7%
Four Corners District	19	306	302	4	2	304	2	-2	-0.7%	90.8%
Georgia District	32	1491	1529	13	20	1522	-7	31	2.1%	90.8%
Indiana District	18	444	475	8	12	471	-4	27	6.1%	88.7%
Lakes and Prairies District	18	407	429	7	1	435	6	28	6.9%	87.0%
Lincolnland District	24	509	450	3	9	444	-6	-65	-12.8%	82.9%
Michigan District	21	488	468	5	15	458	-10	-30	-6.1%	87.3%
Mid-America District	9	241	261	4	2	263	2	22	9.1%	85.1%
Mid-Atlantic District	24	551	521	0	5	516	-5	-35	-6.4%	91.1%
Mississippi District	20	554	475	6	4	477	2	-77	-13.9%	78.0%
New England District	13	475	440	3	4	439	-1	-36	-7.6%	88.8%
North Carolina District	27	770	621	1	3	619	-2	-151	-19.6%	59.0%
Northern California District	10	192	185	3	3	185	0	-7	-3.6%	78.1%
Northwest District	10	256	262	3	7	258	-4	2	0.8%	85.2%
Ohio-West Virginia District	25	545	521	8	7	522	1	-23	-4.2%	91.0%
Puerto Rico District	7	118	116	0	0	116	0	-2	-1.7%	67.8%
South Carolina District	19	986	942	51	5	988	46	2	0.2%	89.2%
Tennessee District	26	665	631	4	10	625	-6	-40	-6.0%	87.8%
Texas District	25	833	844	4	1	847	3	14	1.7%	91.2%
Texas-Louisiana Gulf Coast District	21	715	991	3	2	992	1	277	38.7%	72.2%
Virginia District	16	330	345	0	1	344	-1	14	4.2%	80.3%
Yellowstone District	16	551	502	6	10	498	-4	-53	-9.6%	82.4%
Total	512	14332	14121	171	145	14147	26	-185	-1.3%	

May 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 First Day of Asian Pacific American Heritage Month	2	3
4	5 Cinco De Mayo	6	7	8	9 Proposed Amendments Deadline	10
11 Mother's Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 National Headquarters Closed Memorial Day	27	28	29	30	31
1	2	Notes FREEDOM SHRINE MONTH				