The Lakes & Prairies EXCHANGITE

lakesandprairiesdistrict.com September 2026

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Event Calendar

Oct 9 2nd Annual Golf to Prevent Child Abuse, Legacy Golf, Faribault, MN. Registration at 11, Shotgun start at Noon.

Oct 14 Exchange Club of Rochester chartered in 1947.

Oct 16-17 Region 3 Summit in Wisconsin Dells.

Oct 26 Exchange Club of Little Falls chartered in 1948.

Club collaboration strengthens Exchange

By Trent Hunter, 2026-27 Lakes & Prairies District President



One of the greatest strengths of Exchange is what happens when we stop thinking only as individual clubs and start thinking as one team.

In the Waterloo-Cedar Falls area, our clubs have seen firsthand how much more can be accomplished when we work together. By partnering more closely with one another—and with organizations like AFIL (Americans for Independent Living)—we have

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(Photo courtesy of Steele County Times)



Area Exchangites and community volunteers take time for a photo (above), Sept. 11, after putting in place 1,000 American flags for the America 250 Field of Honor, Sept. 11-13, at the Owatonna Degner Regional Airport. A dedication ceremony was conducted Sept. 12. Ernie Fessenden (photo left) concluded the ceremony with a bagpipe performance.

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

Excel Club of Waverly-Shell Rock High School: Abby Angell, Addie Backer, Everly Beam, Daphney Betts, Kinley Dietz, Tyler Digmann, Nevaeh Dowlen, Jackson Epley, Abby Frazell, Anna Frerichs, Allya Gritters, Lauren Gunderson, Emilie Harn, Matthew Hommowun, Kaylee Hubbard, Maylin Johnson, Preston Kimmey, Harper Morrison, Kate Nelson, Logan Nus, Ainsley Prostine, Emery Prostine, Taylor Rover, Whitney Schaedig, Lara Schuldt, Autumn Sorenson, Kasey Stone, Jesa Trainor, Adalyn Tucke, Amaya Weber, Madi Wheeler, and Ella Wilker.



STAFF PHOTO BY KAREN M. JORGENSEN

Fifteen veterans are this year's recipients of Quilts of Valor given by the Exchange Club of Owatonna. They include: back row, from left: Gary Lawson, Dennis Snyder, Dr. Robert Bernet, Roger Johnson, Richard Baumer, David Kenow, Curtis Abraham, Les Abraham and Richard Steffen; front row: Gerald Ganfield, Michael Bryant, Lorraine Thiele, Arlan Burmeister, Dave Seykora and Douglas Kolbe. *(Photo courtesy of Steele County Times for the Sept. 10 event)*

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been able to expand our reach, share resources, strengthen relationships, and create a greater impact in our communities.

The same opportunity exists throughout the Lakes & Prairies District. Many of our clubs share similar goals, support similar causes, and face the same challenges. By communicating more often, sharing ideas, and finding opportunities to collaborate, we can strengthen not only our individual clubs, but our entire district.

We do not lose our individual club identities by working together. We strengthen them.

One club can do great things. Several clubs uniting around a common purpose can achieve something truly remarkable.

As we move forward this Exchange year, I encourage every club to look beyond its own meeting room and ask a simple question: Who can we work with?

Our greatest impact will always come when we work together.

(Do you have an event you'd like Trent to attend coming up? Email, text, or call him today so he can get it on his schedule.)

Monthly Club Tip



September Club Tip: Get connected

Stay informed and make the most of your Exchange Club membership by taking advantage of the many resources available to you. Whether you're looking for club ideas, leadership insights, national news, or opportunities to connect with fellow members, there's a platform for everyone.

Be sure to stay connected through:

- FYI Member Email
- *Exchange Today*
- Member Website
- Exchange Member Facebook Group
- Exchange Club Mobile App
- Exchange Talk Podcast

- YouTube Channel
- TikTok
- Instagram

These resources provide valuable updates, fresh ideas, training opportunities, and success stories from across the Exchange Club network. Staying connected helps you be informed, inspired, and engaged in all that Exchange has to offer.

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

EXCHANGE
THE NATIONAL EXCHANGE CLUB

Vision: A strong America, safe communities, and unified people.

Mission: Exchange, inspiring communities to become better places to live.

Explore Our New Marketing & PR Resource Page

We're excited to introduce a brand-new Marketing & PR page on the member website designed to help clubs promote Exchange more consistently and effectively.

👉 **How to find it:**
Log in to the Member Website → click Member Resources → select Marketing / PR

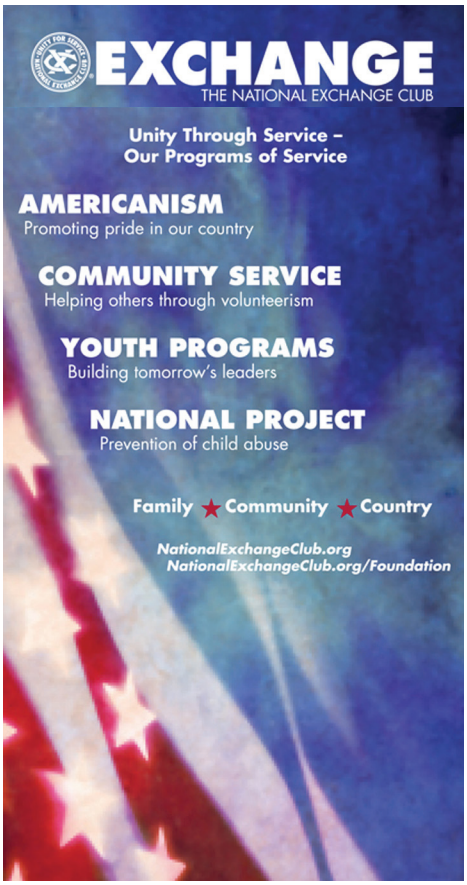
On this new page, you'll find easy-to-use tools and resources that support club, district, and national promotion efforts, including:

✅ Brand guidelines and messaging support
✅ Downloadable graphics and visual assets
✅ Promotional materials to help tell the Exchange story
✅ Guidance to strengthen visibility and community awareness

Whether you're planning an event, sharing Exchange online, or strengthening your club's public presence, this new Marketing & PR page puts everything you need in one convenient location.

✨ Tip: Make this page a go-to resource for your club's communications and leadership teams.

The Exchange Club Member Website is your go-to hub for resources, tools, and education to help you make the most of your Exchange experience. Connect with fellow members, access essential materials, and stay up to date on the latest news, all in one place.



EXCHANGE THE NATIONAL EXCHANGE CLUB

National Summary Report August 31, 2026

District	# of Clubs	Active as of Jul 1, 2026	Active as of Jul 31, 2026	Aug 2026 Adds	Aug 2026 Drops	Active as of Aug 31, 2026	MTD Change	YTD Change	YTD % Growth	YTD % Retention
Alabama District	19	617	618	7	10	615	-3	-2	-0.3%	98.2%
California-Nevada District	26	600	592	5	1	596	4	-4	-0.7%	97.5%
Connecticut District	32	750	734	5	7	732	-2	-18	-2.4%	96.9%
Dakota Territory District	6	251	252	2	12	242	-10	-9	-3.6%	94.8%
Florida District	24	588	594	5	18	581	-13	-7	-1.2%	96.4%
Four Corners District	18	251	255	3	0	258	3	7	2.8%	97.6%
Georgia District	32	1514	1505	11	8	1508	3	-6	-0.4%	98.3%
Indiana District	18	465	452	0	9	443	-9	-22	-4.7%	93.8%
Lakes and Prairies District	19	446	446	2	4	444	-2	-2	-0.4%	98.4%
Lincolnland District	23	421	415	2	1	416	1	-5	-1.2%	97.9%
Michigan District	21	459	452	4	0	456	4	-3	-0.7%	98.3%
Mid-America District	8	244	242	4	8	238	-4	-6	-2.5%	95.9%
Mid-Atlantic District	21	451	453	17	4	466	13	15	3.3%	98.7%
Mississippi District	19	431	430	5	4	431	1	0	0.0%	97.7%
New England District	12	425	424	0	8	416	-8	-9	-2.1%	96.9%
North Carolina District	26	434	429	6	2	433	4	-1	-0.2%	97.7%
Northern California District	10	180	178	0	0	178	0	-2	-1.1%	98.9%
Northwest District	12	278	278	1	2	277	-1	-1	-0.4%	97.1%
Ohio-West Virginia District	24	505	503	1	6	498	-5	-7	-1.4%	98.0%
Puerto Rico District	7	99	99	0	18	81	-18	-18	-18.2%	81.8%
South Carolina District	19	965	964	6	15	955	-9	-10	-1.0%	97.1%
Tennessee District	24	603	607	6	3	610	3	7	1.2%	98.3%
Texas District	19	715	698	5	16	687	-11	-28	-3.9%	95.0%
Texas-Louisiana Gulf Coast District	16	835	825	1	1	825	0	-10	-1.2%	97.5%
Virginia District	15	307	307	2	6	303	-4	-4	-1.3%	97.7%
Yellowstone District	14	475	468	3	3	468	0	-7	-1.5%	97.9%
Total	484	13309	13220	103	166	13157	-63	-152	-1.1%	



JOIN US

for an inspiring weekend!

Exchange Clubs across Region 3 are coming together for the 1st Annual Region 3 Summit—a weekend of learning, connection, and fellowship in the beautiful Wisconsin Dells.

Together, we can make a greater difference!

Registration:
https://forms.gle/7ySZFaBrAa2jSszD7

$50 PER PERSON

PAY AT CHECK-IN
Cash or Check

REGISTRATION

INCLUDES LUNCH ON SATURDAY

WHY YOU SHOULD ATTEND

Learn how we can
STRENGTHEN OUR COMMUNITIES
through our work in Exchange.

- Gain practical ideas and strategies to grow stronger clubs
- Build leadership skills and empower the next generation
- Connect with Exchange members across Region 3
- Share ideas, inspire action, and make an even bigger impact together

WEEKEND HIGHLIGHTS

FRIDAY, OCTOBER 16

- 3:00 – 5:30 PM Registration
- 4:00 – 5:30 PM District Board Meetings
- 6:00 – 8:00 PM Cookout & Bonfire

SATURDAY, OCTOBER 17

- Member Engagement & Attraction
- Retention & Growth Strategies
- Identifying & Mentoring Future Leaders
- Growing Club Membership
- Prevention of Child Abuse Presentation
- Roundtable Discussion & Q&A

Full agenda details available online!

★ BOOK YOUR STAY IN THE WISCONSIN DELLS ★

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FIRST COME, FIRST SERVE – NO BLOCK

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Fairfield by Marriott Inn & Suites Wisconsin Dells

$129.00 USD PER NIGHT
Last Day to Book:
Thursday, September 17, 2026

JUST 3 MILES FROM SPRING BROOK RESORT

See You in Wisconsin Dells!

QUESTIONS?
Contact your District President or your Regional Leadership Team