The Lakes & Prairies EXCHANGITE

lakesandprairiesdistrict.com August/September 2026

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Event Calendar

Sep 6 Pre-sale deadline on Mum's for Child Abuse Prevention. For more information, email info@centerforfamilyunitymn.com.

Sep 7 Labor Day.

Sep 11 25th anniversary of 9/11.

Sep 11-13 America 250 Exchange Field of Honor, Owatonna Degner Regional Airport (see Page 2).

Sep 22 First day of fall.

Region 3 Summit for all Exchangites and their families coming in October 2026 (see Page 3 for details)





The Exchange Club of Omaha prepared food, Aug. 11 (top photo), to feed the homeless in their community (bottom photo). The experience was described, "Very eye-opening and heartwarming."

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

Cedar Falls: Janice Stern, 8/12; **Owatonna:** Debra Gnemi, 8/27; **Waverly:** Justin Schedtler, 7/30



PRESENTED BY THE EXCHANGE CLUB OF MEDFORD, THE EXCHANGE CLUB OF OWATONNA, EXCHANGE CLUB OF STEELE COUNTY, AND THE MOONLIGHTERS EXCHANGE CLUB OF OWATONNA.

AMERICA 250
FIELD OF HONOR

SEPTEMBER 11TH – 13TH
AT OWATONNA REGIONAL
DEGNER AIRPORT

DEDICATION CEREMONY
SEPTEMBER 12TH AT 1:00 PM

FLAGS DEDICATED IN HONOR OR MEMORY OF SOMEONE WILL BE ON DISPLAY DURING THE EVENT.

SCAN FOR MORE INFORMATION OR TO DEDICATE A FLAG

SCAN TO VOLUNTEER

ADDITIONAL DETAILS CAN ALSO BE FOUND ONLINE AT
HTTPS://WWW.HEALINGFIELD.ORG/EVENT/OWATONNA-MN/
OR CONTACT LYNN LIMBERG AT (507) 475-1316 OR LYNN.LIMBERG@GMAIL.COM



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 ★

SPRING BROOK RESORT
Hotel & Condo Rentals
242 Lake Shore Drive
Wisconsin Dells, WI 53965
800-228-4349
www.spring-brook.com

FIRST COME, FIRST SERVE – NO BLOCK

OR

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



The Exchange Club of Rochester led off the Rochester Fest Parade, June 26, as they handed out 3,000 American flags to kids along the two-mile route. The GiveAKidAFlagToWave program of Exchange has been one the Club's major projects throughout the years.

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

Monthly Club Tip



August Club Tip: Get connected

Stay informed and make the most of your Exchange 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
- Exchange Today
- Member Website
- Exchange Member Facebook Group
- Exchange App
- Exchange Talk Podcast

- YouTube Channel
- TikTok
- Instagram

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