



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

April 2023

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Event Calendar

- Apr 24 Sunrise Exchange Club of Waterloo chartered in 1970.
- Apr 28 Exchange Club of Waterloo chartered in 1948.
- May 1 Early Bird deadline to register for Lakes & Prairies District Convention.
- May 5 A.M. Exchange Club of Mankato chartered in 1979.
- May 14 Mother's Day.

May 19 - 21, 2023
Lakes & Prairies
District Convention
Waterloo, Iowa
Red, White, & 'Loo

See Page 2 for registration and agenda information

Edwards among dignitaries for Exchange Club of Waterloo's 75th anniversary celebration

The Exchange Club of Waterloo is celebrating their 75th anniversary Friday, April 28, at the Elk's Club.

At 4:30 p.m., the Grow Cedar Valley Ambassadors will conduct a ribbon cutting. There will be appetizers and cake served during the social event with live music throughout.

At 5:30, there will be a program including The National Exchange

Club Chief Executive Officer Tracey Edwards (pictured right); Lakes & Prairies District President Annette Duncan was originally scheduled to appear as well.



The Lakes & Prairies District wishes to recognize members who joined their respective Exchange club during March 2023

Moonlighters: Rebecca Tankersley, March 14;
Waseca: Kathey Huisman, March 22.

CONVENTION COSTS

- \$ 95 - Early Bird First Time Attendee / After 5/1 - \$ 110
- \$ 115 - Early Bird All Convention / After 5/1 - \$ 130
- \$ 25 - One Nation Under God Breakfast
- \$ 35 - Youth Award Lunch - Adult
- \$ 40 - Youth Meals (Luncheon & Banquet) - 0 - 12 year olds
- \$ 70 - Awards Banquet Dinner

TOURS

- \$ 10 - SingleSpeed Brewery Tour
- \$ 14 - Museum Tour / Planetarium

Circle Selection(s) Above \$ _____
 Enter Amount Submitted

TEAR HERE -->

Mail Form & Payment Here:
 Exchange Club of Waterloo, PO Box
 1404, Waterloo, IA 50704-1404.

Need Assistance? Call Pam at: 319-230-6656, or
 Email: district.convention.2023@gmail.com.

AGENDA

Friday, May 19, 2023

- 12:00P District Board Meeting
- 12:00P-6:00P Registration - Best Western Lobby
- 2:00P-4:00P Grout Museum/Planetarium Tour *
- 5:00P-6:00P SingleSpeed Brewery Tour *
- 7:00P Hospitality - Best Western Plus Hotel

Saturday, May 20, 2023

- 7:15A-8:00A Registration - Waterloo Convention Center
- 8:00A-9:30A One Nation Under God Breakfast
- 9:30A-10:00A Convention Opening Session
- 10:00A-11:00A Session 1
- 11:00A - 12:00P Session 2 Breakout
- 12:00P-1:30P Youth Awards Luncheon
- 1:30P-2:30P Convention Session 2
- 2:30P-3:30P Session 3 Breakout
- 3:30P-4:30P Session 4 Full Group
- 4:30P-5:30P FREE TIME
- 5:30P-6:30P Social Hour
- 6:30P Convention Banquet
- 8:30P Hospitality - Best Western Plus Hotel

Sunday, May 21, 2023

- 9:00A District Wrap Up & Board Meeting
- 9:30A District Officer Training

* Tour details can be viewed at:
<https://lakes-prairie-district-convention.square.site/>

You're Invited!



REGISTER TODAY!

ONLINE at <https://lakes-prairie-district-convention.square.site>

If you are not comfortable completing the online registration & purchase process. Please complete the information requested below, and mail the registration and check to: Exchange Club of Waterloo, PO Box 1404, Waterloo, IA 50704-1404.

Email Address: _____

First & Last Name: _____

Home Address: _____

Home Exchange Club: _____

Do you currently hold fulfill an office, If so, please list:

Are you bringing a guest?: Yes No: _____

Guest's name, if it applies: _____

Do you have any food allergies? If so, please list: _____

Your Dinner selection:: Beef Pork Vegetarian

Guest's Dinner selection:: Beef Pork Vegetarian

Are you a First Time Attendee?

Your convention cost is a \$20 Savings, make sure to select the First Time Attendee registration!



Our goal is to raise \$1,500 and we need **YOUR** help to make it happen!
Connect with family, friends, neighbors, and businesses.

Seeking Silent Auction Items!

SUGGESTED MIN. VALUE OF \$50

Most Bid on Items

- ✔ Artwork & Handmade Goods
- ✔ Sporting Activities
(e.g., golf, bowling, event tickets)
- ✔ Museum & Movie Passes
- ✔ Dinner for Two
(To chain restaurant)
- ✔ Girls' Day Activities
(e.g., wine, nail salon certificate)
- ✔ Pre-Made Gift Baskets
- ✔ Anything you can think of!
Please make gift cards from chain locations (e.g., Scheels, Target, Walmart, Casey's/KwikStar, etc.)

Where to Drop-Off Items

- ✔ District Convention Hospitality Room
Please deliver by 6:30 p.m., Friday, May 19

Donating an Item? Let us Know!

(So we can Plan Accordingly)

- ✔ Katie Harn
katie.harn@usc.salvationarmy.org
(319) 327-4312
- ✔ Jillian Rutledge
jrutledge@waterloopubliclibrary.org



EXCHANGE CLUB OF WATERLOO, IA

Exchange Club adorns trees with blue to promote child abuse prevention

by Annie Harman, Associate Editor, Owatonna People's Press, APG Southern Minnesota

Despite the chill in the air, a humble group gathered in downtown Owatonna to continue an important tradition.

Members of the Exchange Club of Owatonna, along with a couple family and friends who tagged along, set out Monday afternoon (April 3) armed with strips of blue ribbon in Central Park, Morehouse Park and along State Avenue. Tying the ribbons on many of the trees in all three areas, the group formally welcomed Child Abuse Prevention Month, a nationally recognized time of awareness to bring an end to child abuse.

“Our children are our most valuable resources and will shape the future of the city of Owatonna,” said Mayor Tom Kuntz, who read his formal proclamation to the group of volunteers in Central Park before the ribbon tying began. “Communities must make every effort to promote programs and activities that create strong and thriving children and families... We acknowledge that we must work together as a community to increase awareness about child abuse and contribute to promote the social and emotional well-being of children and families in a safe, stable and nurturing environment. Prevention remains the best defense for our children and families.”

The blue ribbon has served as a reminder to end child abuse since 1989, with April serving as the awareness month since 1983.

The annual observance is dedicated to raising awareness and preventing child abuse, which is defined as “all

forms of physical and/or emotional ill-treatment, sexual abuse, neglect or negligent treatment or commercial or other exploitation, resulting in actual or potential harm to the child’s health, survival, development, or dignity in the context of a relationship or responsibility, trust or power”

by the World Health Organization. According to the U.S. Department of Health and Human Services, the month in observation should involve communities re-dedicating themselves to being supportive of families as well as playing an active role in preventing child abuse and neglect.

Gail Buckingham, board member of the Exchange Club of Owatonna and president-elect for the district, said all three local Exchange Clubs are adamant about raising awareness for child abuse prevention and supporting the local Exchange Club Center for Family Unity.

“This is something the national Exchange Club adopted and decided they were going to do, and wanted other groups to rally around it, too,” Buckingham said. “We are so fortunate to have a center in Owatonna that is supported by all three of our clubs.”

The three local Exchange Clubs



The National Exchange Club officially adopted the prevention of child abuse as its national project in 1979 and encouraged community Exchange Clubs to do the same. The Exchange Club of Owatonna is one of three local clubs. (Courtesy: Annie Harman)

include the Exchange Club of Owatonna, the Exchange Club of Steele County and the Moonlighters Exchange Club.

Buckingham said one of the number on ways the community can help raise awareness and help prevent child abuse is by joining the three clubs by supporting the Center for Family Unity. The center opened in 1984, primarily focusing on child abuse prevention, but as since evolved to include services such as child abuse intervention, parent mentoring and supervised visits.

The Center for Family Unity serves Steele, Dodge, Freeborn, Rice, and Waseca counties. The nonprofit recently relocated to 1820 Hartle Avenue in Owatonna, and will host a public open house in the upcoming months.



Exchange donation for “Beers for Barks”

The Exchange Club of Little Falls started off this year’s Boomerang Bar’s “Beers for Barks” fundraiser with a \$5,000 donation. The bar hosted the fundraiser Sunday, April 23, with a portion of the sales donated to the Morrison County Animal Humane Society. The Exchange Club supports local non-profit organizations with donations generated by the Club’s gaming partners. Pictured in the front row (left to right) is Loola the dog; Paul Mickelson, Humane Society; and Paulette Warzcha, Boomerang Bar. Middle row (left to right): Justin Bieganek, Club member; Jessica Jirasek and LeeAnn Kunstleben, Humane Society; Kelsie Popp and Vanessa Popp, Boomerang. Back row (left to right) are Club Members Mark Christiansen, Justin Piotrowski, and Paula Quinn. (Courtesy: Little Falls Exchange Club Facebook page)

Waverly Exchange Club
30TH ANNUAL OPEN

Tee-Off Against Child Abuse Golf Tournament

Saturday, May 13, 2023

8:30 a.m. Shotgun
Four-person Best Shot

\$70 per person
includes golf, cart,
lunch, and prizes

Hole-in-one car sponsored by
JERRY ROLING MOTORS INC.

Please call the Waverly Golf Course Pro Shop
352-1530
to secure your spot!




Care Bear project

The Exchange Club of Steele County during Prevention of Child Abuse Month in April prepared 50 Care Bear drawstring bags following their regular meeting Friday, April 7, to donate to groups who work with displaced children due to domestic or other hardship situations that may displace a child from their home. The bags included a teddy bear, coloring book, crayons, stickers, a note pad, and pen. Assisting with the effort was The Exchange Club Center for Family Unity Supervised Visitation Coordinator Kathey Huisman (pictured top photo front left) and Club Members Kathleen Miller, Lowell Miller, and Linda Breyer (top photo left to right). Bag donations were made to the Center April 7. Club President-Elect Randy Sobrack also presented bags Tuesday, April 11, to the Steele County Sheriff's Office and Sheriff Lon Thiele (bottom left photo), and Wednesday, April 12, to the Blooming Prairie Police Department and Chief Greg Skillestad (bottom right photo).



Delivering American flags

The Exchange Club of Rochester delivered American flags Thursday, March 23, to the new Dakota Middle School in Rochester for the Pledge of Allegiance after learning classrooms didn't have any flags, with at least one classroom using a paper flag instead. The Club is making plans for another American flag delivery in April to Longfellow Elementary School in Rochester. (Courtesy: Rochester Exchange Club Facebook page)

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

April is Child Abuse Prevention Month

By Annette Duncan,
Lakes & Prairies 2022-23
District President



April is Child Abuse Prevention Month, and I am so proud of each of you for the activities you are doing in your communities. Big or small—they all count.

I've heard amazing speakers educating our communities about the lifelong effects of child abuse and how we can make a difference. I've seen blue ribbons, and blue shirts on Monday, and pin wheels across our district. If your club hasn't had an opportunity to help share awareness this month yet, here are a few impactful, but simple ideas.

- Reach out to your county childcare licensure and get a mailing list for all the childcare providers in the area. Mail each provider a few copies of the Prevention of Child Abuse brochure for their parents. Did you know you can receive 200 of these brochures each year for FREE from The National Exchange Club shop online!

- If you haven't had a chance to wear blue on Mondays, wear blue the last week of April every day. When people ask you why, take a few minutes to share our National Project.

- Purchase a set of 25 of the Exchange T-shirt Mini 6" Bears from The National Exchange Club shop online for \$137.50 and give them to your local law enforcement to carry in their cars. They can give these to children they come across in their daily work.

These are just a few ideas that can be incorporated to share with our communities how important Child Abuse Prevention work is. If you had an amazing project you conducted this month, please send us pictures and some information on your event so we can celebrate with you!

I also look forward to sharing these stories when we come together in May for our district convention, May 19-21. This convention is packed full of phenomenal speakers, educational sessions, and lots of opportunities for comradery. If you haven't registered yet, there is still time. Information can be found on Page 2 in this month's *Exchangite* newsletter.

Thank you for all you do each day to make your community a better place for all! You are a blessing to your community and to Exchange. I appreciate YOU!!

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



Prevention of Child Abuse billboard

For the second consecutive year, the Exchange Club of Albert Lea was able to promote the Prevention of Child Abuse through the use of a digital billboard at no cost to the club. The home office of the Chevrolet dealership, which is in Wisconsin, controls the sign and designates one of their 5 to 6 images, which rotates every 30 seconds, for community service as a donation. The Club worked with The National Exchange Club to set up the template and customize it for their club. The billboard is visible this month on Bridge Avenue in Albert Lea.



Celebrate Exchange Hawaiian Luau

The Exchange Club of Owatonna invited local Exchangites to their Celebrate Exchange Hawaiian Luau, March 23, at Torey's Restaurant & Bar. The Club presented awards to their fellow members and presented a \$1,000 check to The Exchange Club Center for Family Unity in Owatonna. The check presentation included (left to right): Center Parent Mentor Coordinator Charlene Wolff, Club President Scott Lundberg, and Center Supervised Visitation Coordinator Kathey Huisman. The guest speaker was The National Exchange Club Region 3 Vice President Dawn Portner.